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Big Brother to watch over Games

VANCOUVER
2010 Games

SECURITY The latest sign of Olympic preparation yesterday was the activation of dozens of video cameras around the city and Whistler. The Integrated Security Unit of the RCMP, which is in charge of venue sites, will have 900 cameras trained on athletes, fans and spectators while the city, preparing for large crowds, has nearly 100 cameras up along part of the downtown core. TORSTAR NEWS SERVICE

News on the Move
What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Vancouver Games
Countdown to 2010
Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.
• Today — Skaters hope chemistry mixes into gold, page 12

On the web
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TRACEY TONG/METRO OTTAWA

The city will follow a key recommendation by the Ottawa River Action Plan to create a storage tank to capture sewage overflows during wet weather, Mayor Larry O'Brien said yesterday, as Minister of Transport, Infrastructure and Communities John Baird looked on.

Restoring the river

City aims to eventually eliminate sewer overflows

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While the city already has plans in motion to reduce the flow of sewage and contaminated storm water into the Ottawa River, the head of council said yesterday the city will find more money for a massive storage container that will eliminate all spills into the river.

The city released its Ottawa River Action Plan yesterday. The plan is aimed at improving the health of the river and reducing the number of sewage overflows.

The announcement was made at the city's west end regulator project, which, when completed this year, will reduce the volume of combined sewer overflows by 65 per cent. But that's just the start of the plan to completely eliminate sewer overflows into the Ottawa River, said chairman of the planning and environment committee Peter Hume.

"In order to get to zero ... we have to take some bold and expensive steps..."
Peter Hume

"We're moving along that continuum to zero," said Hume. "In order to get to zero ... we have to take some bold and expensive steps to create storage in our system for 45 million litres of sewage."

A key recommendation of the report is that the city spend an additional $140 million over the next five years for the creation of a storage tank to capture flows during wet weather. The sewer overflows would be pumped out to the city's R.O. Pickard Environmental Centre at a later date.

"Whether we do it through our water rate or our tax base or we borrow the money, we will be finding the money to go forward with the additional $140 million of work over the coming years to solve this problem," said Mayor Larry O'Brien.

"It's no longer an environmental issue," said federal Infrastructure Minister John Baird. "For many residents of the city of Ottawa, including myself, it's a moral issue."

Watson makes it official

TIM WIECLAWSKI
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ELECTION Jim Watson is officially running for mayor.

The former mayor of pre-amalgamated Ottawa resigned as the MPP for Ottawa West–Nepean yesterday morning before filing his nomination papers at the city client service centre in Orleans at 11 a.m.

Watson said he will use the next couple of months to consult with residents and put together a platform.

He would not make any promises about property taxes. He said the public understands that the city's expenses will go up, but it takes good leadership to ensure that those costs are contained to limit any tax increase.

Watson said he's received very encouraging feedback from residents.

"They like the fact I have experience, inside and outside of city hall, that I have run three ministries and that I do have a track record of being not over-the-top partisan."

In the ward races, Bruce Chrustie is the second candidate to run in Rideau-Goulbourn. The seat is currently held by Glenn Brooks.

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Local

Boy seriously hurt in collision

A 12-year-old boy suffered serious injuries to his head, face and leg after being struck by a full-sized van at the intersection of Heron Road and Briar Hill Drive around 9 a.m. yesterday. The boy was conscious when Ottawa paramedics arrived. He was taken to hospital, where he is in serious but stable condition. Police are investigating the incident. METRO OTTAWA

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Learn how to scan the barcode with the instructions at the top of this page.

College profs set Feb. 11 as strike deadline

EDUCATION School may be out for students at Algonquin College and La Cité Collegiale Feb. 11 if the professors' union and the colleges fail to settle on a new collective bargaining agreement.

Ted Montgomery, chair of the Ontario Public Service Employees Union bargaining team, announced the strike deadline yesterday.

Montgomery said the union is willing to send all outstanding issues to binding arbitration in order to avoid a strike.

This could be the second college teachers' strike in three years. METRO OTTAWA

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What's online today.

Blogs This year's Grammy winners prompt Backbeat to wonder about the troubled relationship between talent and success in popular music

Lotteries
Ontario Pick 3: 175; Ontario Pick 4: 9202
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Daily Keno: 1, 9, 11, 22, 23, 24, 29, 30, 33, 38, 39, 41, 45, 47, 48, 50, 52, 62, 66, 70.
These results are not official.

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Ski marathon 'one of the best'

200 reservist, cadet volunteers recognized for 'unsung' work

TRACEY TONG
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The National Capital Region has some of the best cross-country skiing in the world, local skiers taking part in next week's Canadian Ski Marathon said yesterday.

"There are some pieces of bush out there that are absolutely beautiful," said Ottawa resident John Lawson, who participated in his first Canadian Ski Marathon 25 years ago.

In its 44th year, the Canadian Ski Marathon, to be held Feb. 13-14, will attract more than 2,500 participants, some of whom are skiing 160 kilometres between Lachute and Gatineau over two days.

"For those of us who ski all the time on prepared trails, it's an absolute treat to be out on the wilder trails with all these people," Lawson said.

Sixth-year participant Morag Cowell has skied all over North America and still calls the Ottawa region "about one of the best places in the world for cross-country skiing, with the variety of the trails and the variety of the terrain."

The marathon route takes participants through private land they can't access any other time of year, she said.

Even with plenty of training, it's not always easy.

"There are lots of times when the snow is rough, when it's cold, when it's blizzarding and it's very tough," Lawson said. "I've run marathons and this is way tougher."

The event wouldn't be possible without the 200 reservists and cadets from local regiments in the Ottawa and Gatineau areas, which have provided hundreds of volunteers each year for the last 40 years, said Gaetan Pelletier, logistics co-ordinator for the Canadian Ski Marathon.

A gathering on Parliament Hill yesterday paid tribute to these volunteers who operate the checkpoints and refuelling stations, man road and highway crossings, and provide communications and evacuation services.

The honorary chair of this year's event, Minister of National Defence Peter MacKay, attended to meet with military volunteers.

"It's so gratifying to have all this support," Lawson said. "It's an incredibly anonymous event, it's out there in the bush. (The volunteers) are completely unsung."

TRACEY TONG/METRO OTTAWA

Minister of National Defence and honorary chair of this year's Canadian Ski Marathon Peter MacKay visits Parliament Hill yesterday to recognize the hundreds of Canadian military reservists and cadets who volunteer in the event every year.

Knoxdale-Merivale councillor Hunter not seeking re-election

30-YEAR CAREER Anyone hoping to become the councillor for Knoxdale-Merivale Ward will need a strong resumé of working in the community.

That's the advice Gord Hunter has given to potential candidates looking to take his seat at the council table.

After a 30-year career in municipal politics, Hunter announced he would not be seeking re-election.

"The Nepean tradition is to elect a person to council that has experience in a community association," said Hunter. "Don't expect, coming out of the blue, that people are going to trust that you are able to serve."

Looking to the challenges ahead for next term, Hunter said he hopes the redevelopment of Lansdowne Park is settled before the end of this term, but he hopes people seriously re-examine the feasibility of a downtown tunnel and the length of the rail line.

TIM WIECLAWSKI/METRO OTTAWA

Trapper being brought in for coyote

TIM WIECLAWSKI
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SIGHTINGS The city is bringing in a trapper to deal with a coyote seen wandering around a playground in south Ottawa over the weekend.

The coyote was spotted in the park behind the Greenboro Community Centre, just north of Hunt Club Road.

Gloucester-Southgate Coun. Diane Deans said the animal appears to be sick and has become habituated to the neighbourhood.

"It seems to have mange, it doesn't have hair on its tail ... that's a particular concern because you don't know how that animal will react," said Deans. "Even though coyotes are not natural predators of humans and we don't expect it to attack a human, it is concerning when they start coming that close."

Deans, whose constituency office is in the Greenboro Community Centre, said the city hopes to get approval today from the provincial Ministry of Natural Resources to hire a trapper to deal with the coyote.

Linda Anderson, the city's chief of bylaw and regulatory services, said it was unusual to see a coyote in such a built-up area. Under normal circumstances, coyotes would avoid humans, but they are often drawn to food or organic waste left out in the open.

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Seal hunt for Cape Breaton going ahead

A federal fisheries official confirms the department intends to authorize a grey seal hunt this month in a protected area off eastern Cape Breton. Andrew Newbould says a quota of 2,220 grey seals has been set for Hay Island, which is part of the Scaterie Island Wilderness Area. THE CANADIAN PRESS

Canada

Ex-MPP, rights activist dies

Keith Norton, left, a high-profile Ontario Conservative cabinet minister who went on to champion gay rights and battle age discrimination as head of the province's human rights commission, was remembered yesterday as a caring and compassionate man. Norton died Sunday night in Toronto General Hospital of cancer, his family said. He was 69. His political opponents and colleagues said Norton was a devoted public servant. THE CANADIAN PRESS

Vancouver **Coke gives $350K for inner-city court**

JONATHAN HAYWARD/THE CANADIAN PRESS

Youth throw basketballs at a park in Vancouver's Downtown Eastside yesterday. Coca-Cola announced its $350,000 investment to create an inner-city outdoor sport court in Vancouver as a part of the legacy of sponsoring the Vancouver 2010 Olympic Winter Games.

Three suspended at embattled rights agency

Rights and Democracy turmoil continues

Three senior managers at a government-funded rights agency rocked by allegations of Conservative meddling have been suspended, including one of its longest-serving employees.

A well-placed source with the organization told The Canadian Press that Marie-France Cloutier, Razmik Panossian and Charles Vallerand were suspended with pay from Rights and Democracy late Friday, and told that they were the subjects of an internal investigation.

The three were among the staff that had earlier declared non-confidence in the Conservative-appointed chairman and two board members. Cloutier, the resource and administrative director, has been with the organization since 1990, working alongside first president and former NDP leader Ed Broadbent.

The independent agency has been in turmoil for the last year, but the problems came to a head earlier this month when president Remy Beauregard died of a heart attack following a tense board meeting.

Beauregard had been in a struggle with three other board members over the direction of the agency, specifically on policy and funding decisions related to the Middle East. At the time of his death, he was disputing the details of a performance review that had been sent to government bosses without his input. Staff had declared non-confidence in those board members.

THE CANADIAN PRESS

Liberals accuse Tories of sabotage

- The Liberals have accused Prime Minister Stephen Harper's government of trying to sabotage the organization from within. NDP Foreign Affairs critic Paul Dewar yesterday called for a parliamentary committee to investigate the troubles at Rights and Democracy.

Group targeting indoor tanning

CANCER The spot was very dark, almost black, barely the size of a pencil eraser, and would bleed when Jackie Connors shaved her legs. She was shocked when doctors confirmed it was melanoma. From around age 16, Connors had frequented tanning salons, paying visits three times a week.

Jackie Connors

Now 36, Connors is part of a new campaign by the Canadian Dermatology Association which features melanoma survivors encouraging young women to learn the facts about indoor tanning.

The CDA has long advocated against indoor tanning use. But with its "Indoor Tanning is Out" campaign, launched yesterday, the organization representing Canada's dermatologists is targeting young women with its message.

The association says melanoma has become the third most common form of cancer among young Canadian women.

THE CANADIAN PRESS

News in brief

HST Opposition to the controversial new 13 per cent harmonized sales tax would wane if the McGuinty government lowered it to 12 per cent, says a leading business group.

TORSTAR NEWS SERVICE

UFO A UFO researcher and author from Finland says mysterious objects seen over Newfoundland last week were likely jetliners catching the winter sun.

THE CANADIAN PRESS

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SCANLIFE

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For the latest information, visit us at chevrolet.gm.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ♣No purchase necessary. Contest runs from January 12, 2010 at 9:00:00 a.m. (PST) to February 27, 2010 at 11:59:59 p.m. (PST) (the "Contest Period"). Residents of Canada who have reached the age of majority in their province or territory of residence and who possess a valid driver's license at the time of entry may enter this contest. Limit of one (1) entry per person. There are seventeen (17) Grand Prizes available to be won during the Contest Period, each consisting of the winner's choice of either a 2010 Chevrolet Equinox FWD LS (Approximate retail value: $28,815 CAD), one 2010 GMC Terrain FWD SLE (Approximate retail value: $27,345 CAD) ora 2010 GMC Terrain FWD SLE (Approximate retail value: $28,815 CAD). One Grand Prize awarded per day for seventeen (17) days. Odds of winning depend on total number of entries received at the time of each daily draw. Correct answer to an arithmetical skill-testing question and completion of a declaration and release form required in order to be declared a winner. Full contest rules available at http://www.gm.ca. ♠Available at all Chevrolet, Buick, GMC dealers. No purchase necessary. While quantities last. ♦$500 gold medal bonus cash is a manufacturer to dealer delivery credit (tax exclusive) and is reflected in offers in this advertisement. Offer available on all 2009/2010 Chevrolet, Pontiac Buick GMC and Cadillac models excluding all Hummer, Saturn and Saab models, Camaro, Express/Savana, Corvette ZR1 and Medium Duty trucks. ♥Based on 2009 Chevrolet Cobalt LT Coupe 2SA with 2.2L DOHC 4-cylinder engine, 5-speed manual transmission, 155 hp @ 5,300 rpm and 152 lb-ft of torque @ 4,400 rpm. Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, driving habits and vehicle's condition. Your actual fuel consumption may be higher. ♥♥Based on 2009 Chevrolet Aveo 1LF 1.6L DOHC 4-cylinder engine, 5-speed manual transmission, 103 hp @ 5,800 rpm and 107 lb-ft of torque @ 4,800 rpm. Fuel consumption ratings based on Transport Canada approved test methods. Actual fuel consumption will vary based on road conditions, driving habits and vehicle's condition. Your actual fuel consumption may be higher. ♥Return between 30-60 days with less than 4,000km. Program applies to 2009 and 2010 models only; excludes demos, fleet, lease vehicles and medium duty trucks. Maximum damage allowed of $200. Vehicle usage fee and other restrictions apply. Not available with some other offers. See dealer or gm.ca for additional details. ♥♥♥Return between 30-60 days with less than 4,000km. Program applies to 2009 and 2010 models only; excludes demos, fleet, lease vehicles and medium duty trucks. Maximum damage allowed of $200. Vehicle usage fee and other restrictions apply. Not available with some other offers. See dealer or gm.ca for additional details. ♥▼To qualify for GM Canada's Cash For Clunkers incentive, you must qualify for the Retire Your Ride Program, supported by the Government of Canada, and you must turn in a 1995 model or older vehicle that is in running condition and has been registered and insured for the last 6 months (12 months in B.C.). Upon Government confirmation of vehicle eligibility under the "Retire Your Ride Program", GM Canada will provide an incentive towards the purchase or lease of a new 2009 or 2010 GM vehicle, excluding Medium Duty trucks, in an amount ranging from $500 to $3,000, depending on the model purchased. Incentive applied after taxes. If you successfully complete the "Retire Your Ride" program, you will be eligible for a $300 cash incentive. By participating in this program you will not be eligible for any trade-in value for your vehicle. GM Canada's Cash For Clunkers incentive is only available to customers who take delivery between January 12, 2010 and March 1, 2010. GM Canada's Cash For Clunkers offer may not be combined with certain other incentives available on GM vehicles, including the 60 Day Satisfaction Guarantee. See your participating GM dealer for additional program conditions and details. Residents of Northwest Territories, Yukon or Nunavut are excluded from the Government's Retire Your Ride program and are therefore ineligible for GM Canada's Cash for Clunkers incentive. Some conditions apply. Visit www.retireyourride.ca for more information.

Alleged Edwards sex tape a hot commodity?
A former aide to U.S. presidential candidate John Edwards said he's rejected offers of "gigantic amounts of money" to sell what he says is a sex tape showing Edwards with his former mistress. Andrew Young claims he found the tape in a box left in a home he shared with Edward's mistress Rielle Hunter. THE ASSOCIATED PRESS

World

China promises more rural money

China will boost spending in rural areas and let more farmers migrate to urban areas in a bid to close the widening income gap between villages and cities, government officials said yesterday. The nation's leaders are worried about lagging rural areas, where thousands of protests a year over living conditions and perceived government indifference threaten to undermine social stability. THE ASSOCIATED PRESS

Iraq **Suicide attack targets Shiite pilgrims**

HADI MIZBAN/THE ASSOCIATED PRESS

Shiite pilgrims file into the holy city of Karbala yesterday, as faithful gather for Arbaeen. A female suicide bomber walking among Shiite pilgrims in Baghdad detonated an explosives belt yesterday, killing 54 and wounding more than 100, officials said.

Obama's budget: Bad news for Canada?

In his proposed $3.8-trillion US annual budget submitted to Congress yesterday, U.S. President Barack Obama is once again stressing job creation as a form of life support for the seriously ailing U.S. economy.

"We won't be able to bring down this deficit overnight," Obama said in brief remarks at the White House after sending his budget proposal to Congress.

"We will continue, for example, to do what it takes to create jobs. The budget includes new tax cuts for people who invest in small business."

Obama's new-found focus on creating jobs, and the reappearance of the controversial Buy American provisions in yet another piece of mammoth legislation winding its way through Congress, spells more bad news for the Canada-U.S. relationship.

In his state of the union address last week, Obama said he backed "Jobs for Main Street," the $100-billion legislation with the Mom-and-apple-pie moniker that contains the very same Buy American measures that were part of the $787-billion economic stimulus package passed by Congress a year ago.

"What we're in for in the next few months, until the mid-term elections, is 'jobs for Americans' being a very attractive, populist political rallying cry for Congress," Birgit Matthiesen, the Washington-based senior adviser for Canadian Manufacturers and Exporters, said.

The seeming escalation of Buy American looms as negotiators from the U.S. and Canada are ensconced in 11th-hour talks revolving around a possible Canadian exemption from the protectionist provisions in the American Recovery and Reinvestment Act.

Rumours of an imminent deal have been swirling in D.C. in recent weeks, with whispers that Obama would use his executive power to deem that portions of the Canadian economy could be considered American since supply chains in both countries are so intrinsically entwined.

Yet it's unclear if a last-minute exemption from the recovery act would apply to any future Buy American provisions that could confront Canadian manufacturers in various pieces of legislation in the weeks and months ahead.

THE CANADIAN PRESS

Doing YouTube

- Barack Obama sat down yesterday to become the first U.S. president to take questions from constituents over YouTube. Obama spent about 40 minutes answering about a dozen of the more than 11,000 questions submitted by YouTube users during and after last Wednesday's State of the Union speech.

Americans knew taking children was wrong: Haitian prime minister

Haiti Crisis

PORT-AU-PRINCE Haiti's prime minister said yesterday that 10 Americans who tried to take a busload of undocumented Haitian children out of the country knew that "what they were doing was wrong," and could be prosecuted in the United States.

Prime Minister Max Bellerive also said his country is open to having the Americans face U.S. justice, since most government buildings — including Haiti's courts — were crippled by the monster earthquake.

"It is clear now that they were trying to cross the border without papers. It is clear now that some of the children have live parents," Bellerive said. "And it is clear now that they knew what they were doing was wrong."

If they were acting in good faith — as the Americans claim — "perhaps the courts will try to be more lenient with them," he said.

U.S. Embassy officials would not say whether Washington would accept hosting judicial proceedings for the Americans, who are mostly from Idaho. For now, the case remains firmly in Haitian hands, State Department spokesman P.J. Crowley said in Washington. They have not yet been charged. THE ASSOCIATED PRESS

Flights resume

- The U.S. military has resumed urgent medical evacuation flights for Haitian quake victims, an official announced yesterday, and life for survivors took a step toward normalcy as many schools reopened for the first time since an earthquake devastated the nation.

Obama scraps moon project

NASA U.S. President Barack Obama is redirecting America's space program, killing NASA's $100-billion plans to return astronauts to the moon and using much of that money for new rocket technology research.

The moon plan, which NASA had already spent $9.1 billion on, was based on old technology and revisiting old places astronauts had already been, officials said. The previous NASA chief, in selling the old moon plan, had even called it Apollo on steroids. The rockets were based on space shuttle boosters.

"Simply put, we're putting the science back into the rocket science at NASA," White House science adviser John Holdren said at a budget briefing yesterday.

The $4 billion that NASA spends yearly on human space exploration will now be used for what NASA and White House officials called dramatic changes in rocketry, including in-orbit fueling. They said eventually those new technologies would be used to send astronauts to a nearby asteroid, a brief foray back to the moon, or the Martian moons.

The White House plan was short on details, such as where astronauts would fly next, on what type of rocketship, or when.

THE ASSOCIATED PRESS

News in brief

BRAZIL Brazilian Environment Minister Carlos Minc says the winner of a multibillion-dollar bid to build a new Amazon hydroelectric dam must pay $830 million US to protect the environment and people living nearby. The dam will be the world's third largest, behind China's Three Gorges and the Itaipu dam at the Brazil-Paraguay border.

THE ASSOCIATED PRESS

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SCANLIFE

No Google, no cry: Many Chinese are shrugging off Google's possible exit from the country. Scan this code for the story.

News in brief

ISRAEL The Israeli military said yesterday it reprimanded two high-ranking officers for approving the firing of artillery shells toward a UN compound during the Gaza Strip war last year — the first admission of any high-level wrongdoing during the offensive. Israel announced the punishment in a document submitted to the UN last Friday in response to a report that has accused Israel's military of committing war crimes, including the use of white phosphorus, an incendiary munition, in the attack.

THE ASSOCIATED PRESS

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Comment

Different kind of Tory

NationalReport
Lawrence Martin

metronews.ca/nationalreport

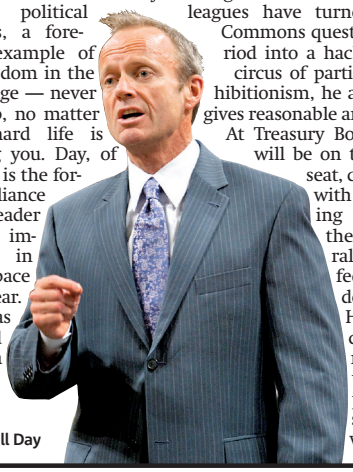
Stockwell Day kicked off his tenure as the new Treasury Board secretary with a folksy note. "Hello out there in Treasury Board land!" he wrote employees. "As your newly appointed president ... I don't mind telling you I'm feeling a little bit overwhelmed."

Yikes, he exclaimed, all these briefing books are so huge! So much to learn. His grandkids, he said, would be asking what do Treasury Board people do? "Do they take care of treasures?"

And Stock said that he would tell them, "Well, kind of." And on he went in that chummy vein, closing with an invitation for all employees to contact him directly.

This is strange behaviour for a minister in Harperland. It's the kind of reaching out rarely seen in a government that is so uptight. But it's been Stock's way all along. He is the tension defuser, relaxed as can be. It's among the reasons he has been successful.

He is a remarkable story, a political Lazarus, a foremost example of the wisdom in the old adage — never give up, no matter how hard life is kicking you. Day, of course, is the former Alliance Party leader who imploded in the space of a year. He was derided as a lightweight, the guy who staged a dripping-wet press conference on an Okanagan beach. A party rebellion forced him out. It was thought he would never be heard from again.


Stockwell Day

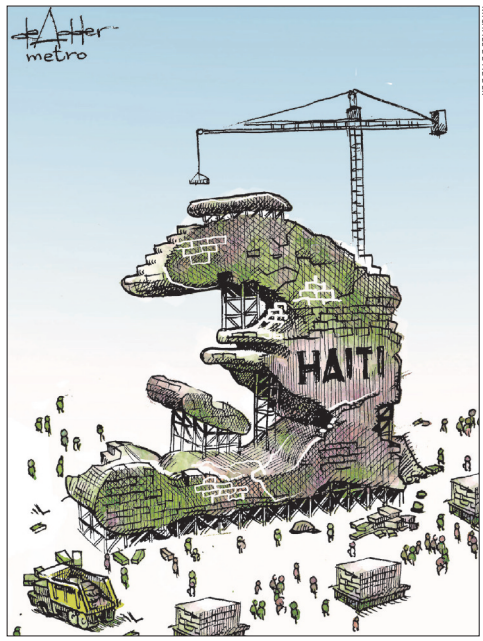
But he quietly made strides, first as minister of public safety, then as trade minister. He's seen as a straight shooter. While colleagues have turned the Commons question period into a hackneyed circus of partisan exhibitionism, he actually gives reasonable answers.

At Treasury Board he will be on the hot seat, charged with bringing down the spiralling federal deficit. His coolness under pressure will help. It's about credibility. And Day, who had so little of it some years ago, now finds himself as being among the most trusted performers on the Conservative front bench.

The other big guns are hurting. Environment Minister Jim Prentice has been given little to do on the global warming file except gather fossil awards. Defence Minister Peter MacKay was doing well, but took a big hit on the Richard Colvin file. Justice Minister Rob Nicholson's charges of the opposition being soft on crime ring hollow. His own government has done more to obstruct crime legislation through prorogations than have the opposition parties. Finance Minister Jim Flaherty is doing better, but his history in the portfolio is tarnished.

That leaves Stock Day. Who would have thunk it?

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Please hold, your call is important to us

InBusiness
Charles Davies

metronews.ca/inbusiness

Here's some unsolicited advice for companies that want to make the most of the economic recovery, dramatically improve customer service and satisfaction, and create jobs.

What I'm going to suggest will cost, but it will boost revenues and, perhaps most importantly, improve customer loyalty. The idea is simple: Get rid of automated telephone systems and bring back the switchboard. Then, invest in customer service by hiring and developing skilled people who are not only articulate and educated, but also possess the common sense to treat each customer call as unique rather than reverting to programmed responses.

Lest you think this is the raving of a hopeless Luddite, consider the corrosive effect of the phone systems and customer service regimes we have now.

Automated phone systems are supposed to speed customers to the right destinations in a company by providing menu choices, very often using computerized voices that sound eerily like your least favourite elementary school teacher.

But in this case, technology actually retards progress. It is one thing to punch in your language of choice, but it's instantaneously frustrating to navigate a series of choices, none of which may apply to your problem. And being told that your call will be recorded "for quality control" puts you on notice that, no matter how irritated you become, you'd better not start cursing.

By the time you actually reach a human being, usually by stabbing the "0" button until your finger bleeds, your patience is frayed, only to be left in tatters when the person you're talking to — who only ever has a first name — gets you to repeat information you've already given and then proceeds to be thoroughly unhelpful.

"One-name" then tries to upsell you to a product or service that's more expensive than the one you have that isn't working now. If that fails, you're told to "have a nice day."

Just imagine, however, if your call was immediately picked up by a real, live, courteous and smart person. Using extensive knowledge of a company's workings, the operator could quickly plug you in to someone who actually has the knowledge and communication skills to solve your problem.

The reality for businesses, although they often don't seem to realize it, is that customer service is the vital front line. And sometimes technology isn't the solution, but part of the problem.

Going retro just might be the answer.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Worth mentioning

Scientist claims spies may have stolen climate emails

Well-funded U.S. lobbyists or a foreign intelligence agency may have been behind the theft of climate emails from the University of East Anglia last year, the former chief scientific adviser to the British government said yesterday.

David King was quoted in The Independent newspaper as saying the theft of more than 1,000 emails and other documents from a server at the university's climate research centre last year seemed too professional to be the result of a lone hacker.

"I know there's a possibility they had a good hacker working for these people, but it was an extraordinarily sophisticated operation," King told the paper.

"There are several bodies of people who could do this sort of work. There are national intelligence agencies and it seems to me that it was such a group of people."

King didn't name any specific agency or lobbying group. In a brief telephone interview with the AP from Italy, he cautioned that he was not involved in the police investigation or the university's inquiry into the hacking, both of which are still ongoing.

He said powerful business interests in the United States had devoted a huge amount of money "to destabilize the science of climate change" and probability pointed either to someone acting on their behalf or to foreign spies.

THE ASSOCIATED PRESS

Skeptics

- The leaked emails exploded across Internet last November and were seized upon by skeptics as proof climate scientists had exaggerated or invented the threat of man-made climate change. An Associated Press review showed the scientists stonewalled skeptics and discussed hiding data — but provided no proof the science of global warming itself was being faked.

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Huge pay raise for Time Warner boss

Time Warner Inc. chief executive Jeffrey Bewkes is getting a pay raise potentially worth an extra $3.25 million US a year. The company's compensation committee last week approved a $250,000 increase in salary to $2 million a year, retroactive to Jan. 1. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
US 94.13¢	US $5.376	US $74.43	11,312.61
US .61¢	US 24.5¢	US $1.54	218.3

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Forestry must diversify: Study

The future of forestry lies in blending the production of traditional wood products with new eco-friendly ones such as biochemicals and bioenergy, says a new study.

The forest industry needs to extract the maximum value "from every tree harvested," Avrim Lazar, president of the Forest Products Association of Canada, said yesterday.

The study, based on interviews with 65 experts as well as industry leaders and government, predicts a bright future for the forest industry despite the economic downturn and the resultant 50,000 job losses and collapses in the demand for lumber and paper.

"What we need is a shift in business model, a new business model that still produces lumber, pulp and paper but also extracts maximum value from every tree harvested," Lazar said. "The message for government is that we have to re-examine our policies and programs to make this possible. It's not government's job to support the status quo, to inhibit change. It's government's job to accelerate this transformation."

The forest products association is calling on Ottawa to offer economic stimulus to facilitate the change through research, tax measures and other funding.

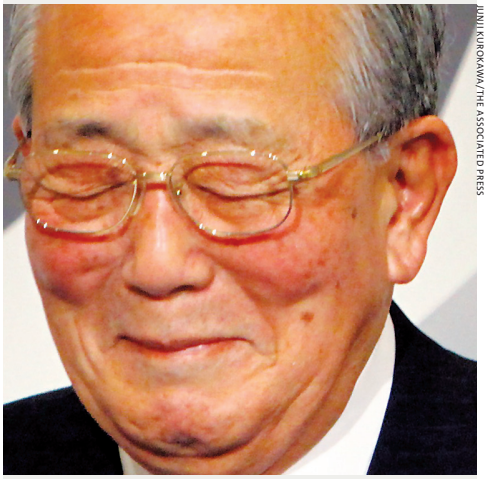
The payback will be a big increase in clean energy for Canada, sustainable jobs in the forest industry, and revitalized investment, Lazar said.

While demand for paper will continue to wane, he said most of the industry sees good future demand for lumber, pulp, bioenergy and other new wood products.

The challenge facing the industry is to capitalize on the demand for new products to restore growth, the president said.

THE CANADIAN PRESS

Tokyo JAL leaves us in suspense



JUNJI KUROKAWA/THE ASSOCIATED PRESS

Japan Airlines' new chairman, Kazuo Inamori, reacts as he is asked to pose after his press conference in Tokyo yesterday. The carrier said it will decide on its alliance partner "as soon as possible." JAL filed for bankruptcy two weeks ago.

Toyota expects month of repairs

RECALLS Toyota says all 270,000 vehicles in Canada affected by a huge recall should be able to have their defective accelerator pedals repaired within a month, with dealers expected to begin work on priority vehicles by the end of this week.

Customers who own a vehicle that has been recalled should expect a call from their dealer once they're ready to begin doing the repairs, Toyota Canada announced yesterday as it grappled with the biggest recall in company history.

"But needless to say, 270,000 people at once can't all be serviced simultaneously, so we're setting some priorities too," Toyota Canada managing director Stephen Beatty said in an interview yesterday.

Vehicles that have actually experienced the stickiness associated with the faulty pedal — blamed on excess friction resulting from wear and environmental problems — will be given first priority, followed by older, high-mileage vehicles.

After that, newer vehicles and vehicles that have been ordered by customers but not yet delivered due to a sales halt will be serviced.

Calling it back

- The recall — the biggest in Toyota's history — has affected about 4.2 million Toyota customers in the United States, Europe and Asia and has dented the company's reputation as a high-quality manufacturer.

Many Toyota dealerships across the country are offering extended hours to meet the sheer volume of work that will come from having to repair the affected vehicles.

Beatty said the fix — installing reinforcement bars to eliminate the excess friction — is "a simple remedy" and mechanics will be able to repair individual vehicles quite quickly.

To make sure all vehicles in the pipeline have safe pedals, production of the affected models has been halted for a week.

THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Understanding RRSPs

AlisonOnMoney

RRSPs are over half a century old but there's still a big misconception about them. At this time of year I commonly hear something like this: "I just bought an RRSP." Oh no you didn't.

Think of it this way, an RRSP is merely a box. And you don't buy it, you open it, like a bank account. The important part happens when you purchase products for that retirement box or account. The quality of what you choose will have a dramatic impact on whether you live skinny or fat in your golden years.

One reason so many people are confused about RRSPs lies in the way they have been promoted and sold. There's been too much focus on getting money into the RRSP and not enough on what happens afterwards.

ALISON'S MONEY RULE
The box that is your RRSP is the least important part of your retirement savings plan. What you put in the box is the most important.

When you set up monthly or lump sum RRSP contributions at your bank, an adviser usually offers boilerplate portfolios based on an assessment of your risk tolerance. These portfolios typically contain from six to 10 mutual funds with your money automatically parceled among them.

But are the individual funds the best available? Too often these packaged portfolios contain some good funds, some mediocre ones and some that are awful.

Additionally, banks and other financial institutions are predisposed to sell their own products, called proprietary funds, while there might be others which are better performers or which have lower fees.

The other mistake commonly made by contributors is to select funds, either on their own or with the help of an adviser, that fall into the same fund family. Rarely does one fund family do everything well. Some, for instance, are excellent at managing fixed income while others excel at domestic stocks.

Deposit money into your RRSP by all means, but don't be afraid to leave the contribution in cash while you evaluate your fund choices or those recommended by an adviser. This is the question to ask of every investment: Is this product the top performer in its class? If not, don't buy it.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Market sell-off puzzles investors

Investing

"Buy the rumour, sell the news!" This is what the market has been doing the last few weeks. Many North American companies have reported fantastic quarterly results. However, in many cases, the stock sold off sharply once the results were released.

This has left investors quite confused.

In my opinion, macro events continue to set the tone for the broader North American indices. Investors are still fearful of some of U.S. President Barack Obama's new regulations; they are concerned about China's proposals to slow down its pace of growth; and they are concerned about some European nations' debt levels (Greece and Spain). These fears, unfortunately, seem to trump positive news.

So what can take this market higher? It is my belief that investors require the confidence to move the economy and the stock market above where it is today. They need to believe that things are getting better and thus better to be an investor than not.

Many would agree that the best time to invest is when things are not perfect, when many individuals are fearful. That time for most was March of last year. However, I believe dips in the stock market, as we are experiencing right now, affords us the ability to invest at better pricing than we would have seen just a few weeks ago. There are many good quality growth and dividend paying investments that are cheaper today than just a short time ago. Investors should use this time to their advantage.

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

Limits of spousal RRSP contributions

MoneyMatters

Q What is the maximum contribution to my wife's RRSP that I can deduct? If that money is withdrawn this year, how much will she get taxed? — Gord

A The maximum an individual may deduct on their tax returns is limited by the RRSP deduction available for the year, regardless if it's split with a spouse. Your wife can set up a spousal RRSP and you can make contributions, provided you have the room.

Withdrawals by your spouse from a spousal RRSP where contributions were made in the year or either of the two preceding years will be attributed back to the original contributor and taxed in the original contributor's hands (limited exceptions).

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

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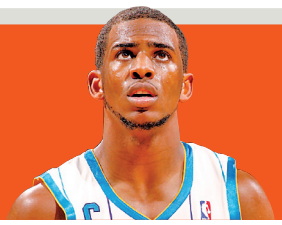
Strong return for Massa

Ferrari driver Felipe Massa returned yesterday to a competitive Formula One car for the first time since a life-threatening crash last summer and promptly set the fastest time in the season's debut test session. THE ASSOCIATED PRESS

Sports



Injury sidelines Paul

Charlotte Hornets all-star point guard Chris Paul, left, is out indefinitely with a left knee injury that will likely require surgery. An MRI revealed more damage to the knee than the initial diagnosis of a bruise, Hornets coach Jeff Bower said yesterday. The coach refused, however, to confirm reports that Paul had a meniscus tear and would miss at least a month. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Leafs unveil new look

Phaneuf brings swagger to team that's winless in six

Dion Phaneuf felt no first-day jitters and showed no signs of hesitation.

Instead, he walked into the locker-room at the Toronto Maple Leafs practice facility yesterday morning and made himself right at home.

"He's got a swagger about him that we'll encourage," said Leafs coach Ron Wilson. "That will rub off on our other guys. He walked into the dressing room, (said) 'Where's the music' and fired it right up, right away, without worrying about what anybody else said."

TONY BOCK/FOXSTAR NEWS SERVICE

New Toronto Maple Leaf Dion Phaneuf takes part in yesterday's team practice.

In the wake of one of the largest single-day shakeups in team history, that must have been music to general manager Brian Burke's ears.

The pair of blockbuster trades he engineered a day earlier were about changing the culture inside the dressing room as a means to getting a better performance on the ice.

There was certainly a different feel around the Leafs at yesterday's practice. Not only were there three new players being put through drills — Phaneuf, goaltender J.S. Giguere and winger Fredrik Sjostrom — but the dressing room stalls formally occupied by the six departed guys all sat empty.

The massive overhaul caught everyone by surprise.

The new-look Leafs will all be on display against New Jersey tonight.

The arrival of the new players generated plenty of buzz in a city that seemed to be losing some interest in the Maple Leafs. The 29th-place team quickly found itself back on the radar, with as many media members at practice as there had been in months.

The overall excitement could be seen on the ice during practice.

Most of the players were out skating a good 10 or 15 minutes before the session was scheduled to begin and many of them stuck around long after it officially ended. The changes brought some life to a team that is winless in six games and had a 3-10-2 record in January.

"When new guys come to the team, they always bring new energy," said goaltender Jonas Gustavsson. "I think we got that today ... I felt like it was a new atmosphere out there. It was more happy and more positive.

"Everybody just had fun out there and tried to work hard."

The Senators will face the new-look Leafs Saturday in Toronto. THE CANADIAN PRESS

Colts prepare to play without Freeney

SUPER BOWL The hope is Dwight Freeney will play in Sunday's Super Bowl for the Indianapolis Colts.

The plan is to play the game without him.

After Freeney missed all four practices last week, coach Jim Caldwell said yesterday the team was preparing to play without the injured All-Pro defensive end.

"He hasn't been practising, so if he's not practising, we are preparing to not have him," Caldwell told reporters after arriving in South Florida. "If he can't go, we'll do some rotations, and Raheem (Brock) will be a big part of that."

Freeney is listed as questionable on the team's injury report with a sprained right ankle. Caldwell reiterated the team's position, saying Freeney has a third-degree, low-ankle sprain and is improving.

A week after team president Bill Polian said Freeney would play, he now says the player's chance of seeing action is 50-50.

One report indicated Freeney had torn a ligament and a person close to Freeney said the ankle was "really bad." The person spoke on the condition of anonymity because his information differed from the team's.

However, the Colts remain optimistic.

"I'm very hopeful he will play," quarterback Peyton Manning said. "He has special characteristics about him and I'm counting on those this week."

Freeney also has a penchant for disproving conventional wisdom. From the moment the Colts drafted him with the No. 11 pick in 2002, some criticized the team for reaching on a player that had been described as a situational pass rusher.

Freeney came off the bench for the first eight games his rookie season and finished with 13 sacks. He became the first Indy player to win the league sacks title in 2004, with 16, and has produced at least 10 sacks in six of eight NFL seasons. THE ASSOCIATED PRESS

m.metronews.ca

SCANLIFE

Former players recall the "crazy" early days of the 2010 Superbowl-bound New Orleans Saints. Scan this code for the story.

Sports in brief

CURLING There are no longer any unbeaten teams at the Scotties Tournament of Hearts after Canada's Jennifer Jones and Ontario's Krista McCarville suffered losses yesterday. Sharon Cormier's Northwest Territories/Yukon rink surprised defending champion Jones 10-4 in Draw 7 action. In yesterday's earlier draw, Saskatchewan's Amber Holland scored one in the 10th end to earn a 7-6 win over McCarville.

BRUINS The Boston Bruins say defenceman Mark Stuart has undergone surgery on a finger injured during a weekend fight on the ice. Bruins GM Peter Chiarelli said Stuart will miss about four weeks.

MLB Melvin Mora has agreed to a $1.3-million US, one-year contract with the Colorado Rockies, according to his agent. Eric Goldschmidt said Mora's primary goal as a 38-year-old free agent was to sign with a playoff contender after spending the last nine seasons with the Baltimore Orioles.

SOCCER Stoke drew 0-0 at Sunderland on Monday for a result that left the teams side by side mid-table in the Premier League. Stoke stayed 12th in the Premier League with 26 points, two more than 13th-place Sunderland.

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS

Anaheim 3 Florida 0
Pittsburgh 5 Buffalo 4
Philadelphia at Calgary
Carolina at Edmonton

TODAY'S GAMES

Washington at Boston, 7 p.m.
New Jersey at Toronto, 7 p.m.
Tampa Bay at Atlanta, 7 p.m.
Vancouver at Montreal, 7:30 p.m.
Phoenix at Nashville, 8 p.m.
Minnesota at Dallas, 8:30 p.m.
Columbus at Colorado, 9 p.m.
N.Y. Rangers at Los Angeles, 10:30 p.m.
Detroit at San Jose, 10:30 p.m.

NBA

YESTERDAY'S RESULTS

Boston 99 Washington 88
Memphis 95 L.A. Lakers 93
Milwaukee 97 Miami 81
Phoenix 109 New Orleans 100

TODAY'S GAMES

Sacramento at Denver
Dallas at Utah
Charlotte at Portland
Toronto at Indiana, 7 p.m.
Memphis at Cleveland, 7 p.m.
Milwaukee at Orlando, 7 p.m.
Detroit at New Jersey, 7:30 p.m.
L.A. Clippers at Chicago, 8 p.m.
Atlanta at Oklahoma City, 8 p.m.
Golden State at Houston, 8:30 p.m.

An important message from Toyota Canada.

As you know, we have issued a recall on select Toyota models in response to reports that, in rare cases, there is the possibility that the accelerator pedal may mechanically stick.

We have also taken the unprecedented step of suspending the production and delivery of the affected models.

We regret any loss of peace of mind that this recall may have caused. But a recall was necessary because we place the safety of you, our customers, above everything else.

We mobilized our engineering teams around the world to immediately find a solution for the problem. And they have. This will be applied to all affected models – on the road and on the production line – so that every Toyota owner can continue to feel confident in their vehicle.

This week, we will begin mailing information directly to every Toyota owner affected by this recall, with instructions on exactly what they should do next.

For the latest information we encourage you to visit our updated website at toyota.ca, contact your dealer, or call the customer interaction centre at 1-888-TOYOTA-8 (1-888-869-6828).

TOYOTA

Martin won't play for U.S.

New Jersey Devils defenceman Paul Martin will not play for the United States in the Winter Olympics in Vancouver because of a slow-healing broken left forearm. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Chemistry on ice

Moir, Virtue have been partners for half their lives

They lock eyes, clasp hands and the music starts, and for the next four minutes Tessa Virtue and Scott Moir skate as if there's nobody else in the building.

The Canadian ice dancing duo is among the best in the world, known for their innovative lifts, their intricate spins and footwork, and classic elegance in a discipline too often characterized by its kitschy costumes and cheesy routines.

Much of their allure is their unquestionable chemistry, their ability to capture an audience with their utterly believable romance.

But the two are just friends, their relationship forged over sweat and spills and spirals in the more than 10 years they've been partners.

"Maybe the reason why we've lasted so long is we respect each other as individuals and we love each other," Moir says. "We've been together for so long, we've grown up together, and we just have this respect for each other, and the skating works."

It wasn't always so.

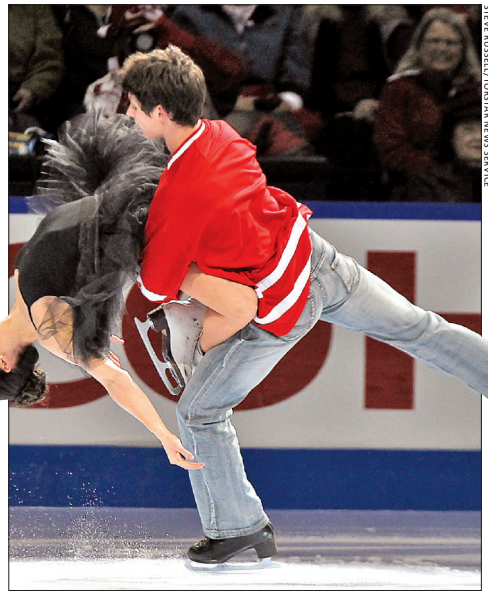
For the first year of what would eventually flourish into a medal-winning partnership, Virtue and Moir barely spoke to one another.

"Noooo," Moir's mom Alma says, laughing. "He was kind of sweet on her at first, and at that age when you have to hold a girl's hand, it's like, 'Oh no, I can't talk to her, too.' It was funny the first little bit."

Alma and twin sister Carol, both former skaters who coach in Ilderton, Ont., a town of about 2,000 just down the road from London, partnered the two when Tessa was just seven and Scott was nine.

Virtue, 20, and the 22-year-old Moir — who did date briefly when they were younger — quickly developed into one of the top young dance tandems in the country, and in 2006 became the first Canadian ice dancers to win the ISU world junior championships.

"They were always good skaters, but they just had something that you can't coach," aunt Carol Moir says. THE CANADIAN PRESS



STEVE RUSSELL/TORSTAR NEWS SERVICE

Tessa Virtue and Scott Moir perform during the Exhibition Gala after the BMO Canadian Figure Skating Championships last month at the John Labatt Centre in London, Ont.

Others to watch

- **Patrick Chan, Canada:** The 19-year-old, who won silver at the last Winter Games, hopes to bounce back from a rough season and win Canada's first men's figure skating gold.
- **Evgeni Plushenko, Russia:** The 2006 Olympic gold medallist came out of retirement for Vancouver, with his sights set on repeating as champion.
- **Kim Yu-Na, South Korea:** The 19-year-old who trains in Toronto with Canadian coach Brian Orser is the runaway favourite to win gold in Vancouver.
- **Oksana Domnina and Maxim Shabalin, Russia:** Domnina and Shabalin are the reigning world ice dance champions and easily won the recent European championships.

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Take out offer may vary from dine-in

Study tip
Know your learning style, and stick to it. For example, if you work best in the early morning, you will improve your results by studying at that time. **MBA-PROGRAMS.INFO/STUDY-TIPS.HTM**

MBA Guide

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

MBA skill set in demand

RAFAEL BRUSILOW
for Metro Canada

With greater career mobility, pay increases and a skill set that makes graduates strong business leaders, the benefits of an MBA degree can be hard to pass up.

Among other things, an MBA degree can teach you crucial leadership, resource and people-management skills that are in demand for a large number of business organizations.

Leslee Harden, director of the MBA program at the Edwards School of Business in Saskatoon, says the best quality of an MBA degree is its holistic nature.

"I don't think there's any debate that an MBA is a ubiquitous degree — any organization can use someone with the kind of education an MBA can bring. Not only does an MBA allow access to careers within varies organizations, but across industries as well," Harden said.

"Any organization can use someone with the kind of education an MBA can bring."
Leslee Harden, Edwards School of Business

A recent study by U.S. human resources firm Accountemps showed that about 80 per cent of senior management staff at corporations and financial firms hold MBA degrees, suggesting the degree is considered by many to be a requirement for senior leaders. Figures from several sources, including businessweek.com, show a potential salary increase post-MBA to be anywhere from 30 to 80 per cent.

Harden says beyond the expected pay increase, an MBA can let technically skilled people such as scientists and engineers move into lucrative managerial roles and let others jump on senior positions that open up within an organization.

"An MBA degree is all about understanding the connections within business and managing people, money and processes to make effective business decisions — any business can use that," Harden said.

Jacquelin Thayer Scott, former president and current professor at the Shannon School of Business at Cape Breton University, says many MBA students come into the degree through job experiences rather than pre-planning — a good thing since that makes for a much more natural progression into the skills the degree teaches.

"A lot of graduates didn't initially see themselves as managers. They worked at an organization where eventually they did a good job and the boss asked them to take on management responsibilities — that's when they suddenly realized they didn't know how to manage," Scott said.

She says networking is a huge part of today's global business climate, so make sure to forge connections in the classroom.

"Take the opportunity in the classroom to get to know those students from other countries because you're creating a personal network that can be really valuable," Scott said.

Research key when shopping for your degree

ROBYN YOUNG
for Metro Canada

When "shopping" for an MBA, Niki da Silva, from the Richard Ivey School of Business at the University of Western Ontario, says do your research.

"Start with defining: What are my must-haves? What must this program do?" said the director of MBA admissions and recruitment.

Whether it's program length or learning reputation, it's important to begin with a list of priorities, da Silva said.

Then try to narrow down, from the hundreds of options, to a more manageable shortlist of programs.

The Richard Ivey School of Business, for example, may be a good choice for those interested in being business managers in the health-care field.

A new $100-million building, the Ivey Centre for Health Innovation and Leadership is under way, making the school a great choice for health-sector MBAs.

Ivey may also be right for candidates looking to accelerate their leadership potential, said da Silva.

"There is a unique set of — we call them leadership essentials — at Ivey," she said.

"It certainly does set the school apart in terms of outcomes and a very tangible skills set upon graduating from an MBA program."

At the University of Toronto's Rotman School of Business, whose MBA beat out other Canadian programs in London's Financial Times rankings this year, an innovative approach built on integrative thinking sets it apart.

"Integrated thinking looks at different decision making models and provides different choices to them (the students)," said Richard Powers, associate dean and executive director of MBA programs at Rotman.

"Our students, being trained in that, are able to come up with unique solutions to very difficult problems."

York University's Schulich School of Business, also part of the Times' top 50, finds its strength in diversity, says Charmaine Courtis, executive director student services and international relations.

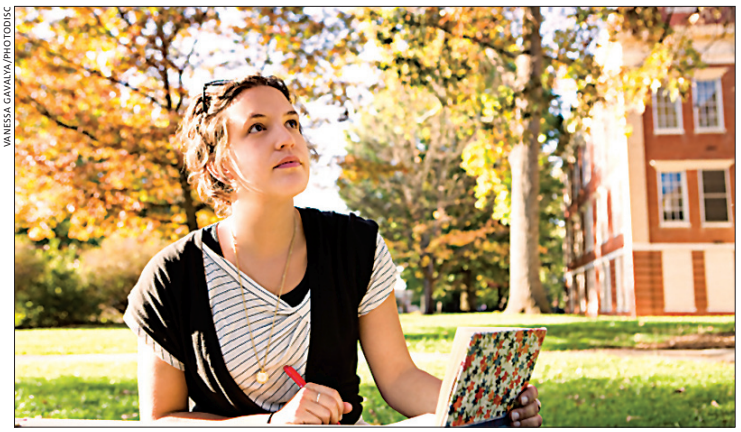
"Students not only come from different parts of the world, they come from different sectors (private, public and not for profit)," she said.

"With each of these comes a different way of looking at things and multiple opportunities to learn to solve problems and create interesting management solutions."

When choosing an MBA program, it's important to have a list of priorities, experts say.

Additional high-ranking MBAs in central Canada include McGill's Desautels School of Management in Montreal; Queen's School of Business in Kingston, Ont.; and HEC Montreal.

Know the score
The average GMAT score required by MBA schools in Canada is 550, but the average GMAT score attained by MBA students is 606. CANADIAN-UNIVERSITIES.NET


VANESSA GAVALYA/PHOTODISC

Green MBA students learn focus on sustainability while also considering how to maximize profits.

MBAs go green

More schools focusing on sustainability

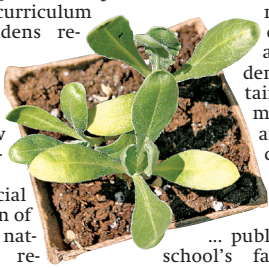
KEITH CARMAN
for Metro Canada

The industrial revolution had many impacts on our planet, two unforeseeable: Environmental havoc and, in turn, an admission that something must be done to alter this destructive path.

Everyone from marketing to manufacturing has taken up the ecosystem's cause, with two fiscally oriented fields in particular — business administration and post-secondary institutions — recognizing their part in social responsibility. Working together, they have updated the MBA through a fresh choice in distinction: Sustainability — a.k.a. the "Green" MBA.

Traditionally, an MBA focuses on a financial standpoint: Management, conventional economic theory and business ethics. However, as the reality of maintaining global finance is increasingly impacted by environmental concerns, business has acknowledged its accountability in maintaining current practice while ensuring future revenues. It must maximize profit while affecting Mother Nature minimally. In essence, business needs a balance of understanding economy and ecology; the Triple Bottom Line referred to insiders as People, Profit and Planet. Enter MBA graduates with a mind for the landscape.

In that respect, many Canadian universities now offer sustainability/social responsibility as an addendum to their continuing MBA programs. A curriculum that broadens respected business models to include three new criteria — economic (the financial implication of depleting natural resources); environmental (loss of commercial flora or faunae; global warming); and social (increasing population overtaxing the planet).



Completion of the green MBA is generally within the original course's duration of approximately four-and-a-half years from bachelor's degree to master's. Sixteen of those months focus more intensely on global impact, and the result is an MBA with accompanying diplomas characterizing attention to sustainability.

Growing in popularity, Green MBAs abound across Canada. Virtually every post-secondary institution offers a direct program or variation, creating a swath of carbon-offsetting footprints across the Great White North. The likes of Sauder (University of B.C.), University of Alberta and Manitoba, Richard Ivey (Western), Laurentian, McGill and more boast such programs, while York's Schulich School Of Business was deemed Top Global Green MBA school by non-profit humanities organization The Aspen Group (TAG) for 2009-2010. It beat out competitors such as Yale and Notre Dame thanks to what TAG identified in their latest report as an "extraordinary number of courses available to students that contain environmental, social and ethical content" and many "relevant scholarly articles ... published by the school's faculty members."

NANCY FALCONI/PHOTOGRAPHER'S CHOICE

York's Schulich School of Business was recently named the Top Global Green MBA school.

To that extent, distinction is crucial in garnering fresh enrolment to green MBAs. Halifax's Dalhousie boasts an MBA in natural resources, whereas the University of Victoria has embedded sustainability directly into all MBA and bachelor Of commerce degrees. Summarizing University Of Ottawa Professor David Wright, Telfer School of Management yields a green MBA that "directly addresses the business impact of (climate change), corporate social responsibility (and) ... identifying the business opportunities that arise from climate change."

It would seem commerce and universities are interested in a different sort of "green" these days.

55,000 princess pendants recalled from Walmart
U.S. federal consumer safety regulators are announcing a recall of The Princess and The Frog movie-theme children's pendants, citing high levels of the toxic heavy metal cadmium. THE ASSOCIATED PRESS

Health & Beauty

Fighting the winter blues

CELIA MILNE
for Metro Canada

Down in the dumps? Got the blues? Early February can be a depressing time of year.

The days are short and dark, the weather is cold and dreary, holidays are scarce and debt is piling up.

It's not just you. January and February can be a real downer for many people, says Dr. Hymie Anisman, Canadian Research Chair in neuroscience at Carleton University in Ottawa.

What makes this time of year worse is the contrast between the happiness and energy we felt in December, versus the doldrums of mid-winter.

Doctors call this the "contrast effect." For many, December was fun — there were holidays, parties, people all around, activities, family and a festive mood. February is boring.

"We wouldn't feel nearly as bad without the 'contrast effect,'" says Anisman, whose work in stress-related disorders is funded by the Canadian Institutes for Health Research.

"You look out your window and it's gloomy and yucky. There is not a whole lot to look forward to."

Even to go for a walk is a bit of a drag — putting on your coat, gloves, hat, scarf and boots.

Getting active and getting together with other people will help chase those blues away.

Winter blues can make you feel irritable and sad, lethargic and tired.

You might experience sleep disturbance, difficulty concentrating, and loss of appetite. Or you may indulge in over-eating. Your symptoms are mild.

"These are biological changes that in severe forms can manifest as seasonal affective disorder," says Anisman.

His advice?

Two things: Get active and get together with other people. If you can do both at once, so much the better.

"Yeah, you can veg in front of the TV, but how many re-runs of CSI can you watch?

"Get off your butt. Plan a schedule. Force yourself to go to the gym."

The best activities for lightening your mood are those that involve other people.

He recommends team activities such as indoor soccer and tennis. Volleyball is a great winter sport because you play as a team of six.

"There's yelling and jumping around. It brings out happiness in people," he says.

If you don't like sports, get together with others to share a game.

"Social support is a really super buffer against day-to-day pressures," says Dr. Anisman.

There is some scientific evidence that "playing" leads to better health.

Play activities are those in which no one feels like a loser — the joy is in the activity itself.

It's fun and it helps us lose track of time.

Busting big health myths

ROMINA MCGUINNESS
for Metro World News

HEALTH MYTHS We all swear by some wacky exercise routine or crazy diet we think will leave us feeling lean and healthy. Celebrity fitness trainer James Duigan (model Elle Macpherson has been his client for the past 10 years) sheds some light on some of the biggest myths and misconceptions of food and exercise.

- **NO PAIN NO GAIN** You want to train smart, not hard. You can have an intense workout but that doesn't mean it has to hurt. Make sure you exercise with the correct goal; building muscle, toning up or burning fat.
- **EXERCISE ALONE IS ENOUGH TO LOSE WEIGHT** Eighty per cent of weight loss is to do with your nutrition and only 20 per cent is to do with exercise. Nutrition will not only affect your weight, it will also dictate how you look, feel and think — it has a huge effect on your mental state of mind.
- **BAN ALL FATS FROM YOUR DIET** The body needs fat but people need to understand the crucial difference between good fats and bad fats. Essential fatty acids, found in oily fish (salmon, mackerel), avocado, nuts and flaxseeds, are the good kind.
- **STICK TO THREE MEALS A DAY AND NEVER SNACK IN BETWEEN MEALS** The fastest way to strip fat is to eat foods containing plenty of fiber and protein, little and often. When training celebrities for a movie, Duigan makes them eat up to eight times a day.
- **NEVER EAT CARBOHYDRATES IN THE EVENING** Many people believe that they won't be able to burn off carbs at night but this is a bit of a myth. Carbs can actually help you get a good night's sleep.
- **IT'S NOT THE CALORIES THAT MATTER, BUT WHAT YOU EAT** It is and it isn't. You must be careful about what you eat and aware of the calories you are consuming. Getting your calories from organic fruit, meats and vegetables is better than getting them from processed foods
- **VEGETARIAN DIETS ARE HEALTHIER THAN MEAT ONES** Everyone is different, some people respond extremely well to vegetarian diets whereas others can get very sick. Healthy vegetarians should count themselves lucky as most people need meat in their diet.
- **LIFTING WEIGHTS WILL MAKE YOU LOOK BULKY** Unless you lift extreme weights then there is no reason for this to happen. The best thing is to avoid training like a body builder, therefore don't train with one.
- **THE BEST TIME TO WORK OUT IS IN THE MORNING** Work out whenever you can and don't get caught up on the idea that there is a wrong or right time to exercise. Just do what suits you and your lifestyle best

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First reassessment of medical training in 100 years

A report released Thursday from the Association of Faculties of Medicine of Canada says it has a new blueprint for training Canadian medical students that addresses many of the challenges facing the current health-care system. **THE CANADIAN PRESS**

Chicken and urinary tract infections

SEXUAL HEALTH A researcher at McGill University in Montreal has found that E. coli bacteria found in chicken can indirectly cause urinary tract infections in women. This bacteria, called Escherichia coli, lives in the intestine. It can cause illness, but can also live there without making someone sick. The new study, led by Amee Manges of McGill, found that in women, E. coli can spread from the anus to the vagina and urethra during sex, leading to an infection in the urinary tract. Manges advised consumers to avoid contaminating kitchen surfaces and other foods with uncooked chicken juices.

CELIA MILNE/FOR METRO CANADA

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Banning sexual information

Removing accurate reference books is counterproductive

The J Spot
Josey Vogels

metronews.ca/thejspot

"Any kid with access to a computer and the ability to type ... into a search engine can get a lot more than a simple definition."

Last week, the Riverside County School District in California pulled Merriam-Webster dictionaries off public school shelves after a student "stumbled" upon a "graphic" definition for oral sex.

First of all, I doubt the kid "stumbled" upon the definition. It's pretty much a right of passage to look up "dirty" words in the dictionary when you're a kid. I'm sure kids today are not different.

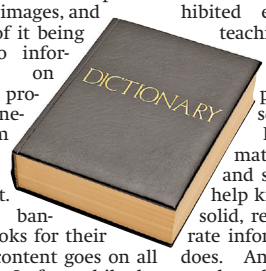
And while the parent who complained may have found the definition — "oral stimulation of the genitals" — to be "graphic," I'm not quite sure how else one would define it.

In fact, I'm pretty sure the definition of the word "genitals," which this kid no doubt immediately looked up after "stumbling" upon the oral sex definition was equally, if not more graphic.

But luckily, the children of Riverside County will soon be protected from "stumbling" upon any graphic definitions as the district spokeswoman Betty Cadmus told the local paper that while "it's hard to sit and read the dictionary, but we'll be looking to find other things of a graphic nature."

Are they serious?

These days, any kid with access to a computer and the ability to type the words "oral sex" into a search engine can get a lot more than a simple definition. In fact, they can get definitions of it in Spanish, Italian and/or German as well as instructional videos on how to do it, pornographic images, and videos of it being done to information on how to protect oneself from STDs when doing it.



Still, banning books for their sexual content goes on all the time. In fact, while the kids of Riverside County were being protected from definitions of oral sex, students at a school district in Virginia were being protected from young holocaust victim Anne Frank's innocent description of her vagina in a 1995 version of The Diary of a Young Girl.

Recently, it's been reported that the teen pregnancy is on the rise for the first time in years. Some say this is no coincidence that this is happening after 10 years of mandated abstinence-only until marriage sex education in schools that has excluded or prohibited educators from teaching about contraception and condoms to young people in high school.

Keeping information about sex and sexuality doesn't help kids. Giving them solid, realistic and accurate information about it does. And frankly, I'd much rather my kid find out the definition of oral sex from a credible source such as the Merriam Webster dictionary than a really seriously graphic porn website like oralsex101.com.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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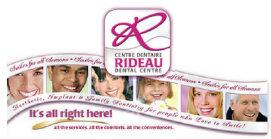

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SPACE MAINTAINERS – MAKING ROOM FOR ADULT TEETH
Most of the time, our children look forward to losing their baby teeth. Afterall, it means a visit from the Tooth Fairy, complete with a nice gift under the pillow in the morning.
And while it is always cute to see a growing child with a gap-tooth smile, we also look forward to that space being filled by the permanent tooth that is waiting just below the gum line. This normally occurs without any issue. However, there are instances in which the permanent tooth does not erupt in its usual timely fashion.
This problem usually arises when the baby tooth is lost early due to decay or as a result of an injury. However, in some cases, the baby tooth appears to be lost in the normal course of development, but the permanent tooth simply fails to erupt.
Regardless as to the reason, the fact that the permanent tooth is not ready to assume its place can become problematic. The remaining teeth may actually shift position to fill in the available space.
Such a shift can result in serious crowding when the permanent tooth is finally ready to break through. And crowding can create some serious

Dr. Bao Nguyen
Dental Surgeon
dental concerns, the most obvious being that your child could require extensive, and expensive, orthodontic treatment.
Crowding can also make the teeth more difficult to clean as they are pressed together so tightly, proper brushing and flossing becomes difficult. This increases the likelihood of decay. It may also affect the bite, leading to unusual wear and tear as the teeth rub against each other in ways they are not meant to.
The solution may be to consider a space maintainer. A space maintainer is a metal band that is custom fitted to your child's teeth. Its purpose is to hold the adjacent teeth in their proper position until such time as the permanent tooth is able to take its place.
The procedure to install a space maintainer is quite simple. A mold is required to ensure the device is properly fitted to your child's mouth. The mold is sent to a laboratory where the maintainer will be created. A return visit to your dentist will be necessary to ensure that the maintainer is properly put into place. At that time, the device will be securely wrapped around the adjacent teeth to ensure it remains in place for as long as it is required.
If you suspect your child has lost a baby tooth prematurely, or if you notice that the permanent tooth has not erupted as quickly as you expected, you should consider talking to your dentist about a space maintainer. It may be just what you need to save your child from all the complications of crowded and misaligned teeth…because avoiding overcrowding is a healthy habit…and healthy habits lead to healthy lives.
Dr. Bao Nguyen
- Dental Surgeon

Keeping New Year's resolutions

HEALTH GOALS Many New Year's resolutions have been broken by now. Losing weight, exercising more, quitting smoking and reducing stress are laudable goals, but not easy to maintain. The good folks at Saint Louis University in Missouri bring us some tips for sticking to our resolutions.

- **SET ATTAINABLE GOALS** Instead of saying, "I'm going to reduce my stress," tell yourself how you will get there. For example, make a schedule that includes yoga three times a week.
- **HAVE A SUPPORT SYSTEM** Ask friends and family to help you.
- **DECLARE YOUR GOALS** Tell your family doctor or other trusted health professional what you are planning to do. This will ensure that the plan is safe to begin with and, once you are underway, will mean you are accountable to someone you respect.
- **BE POSITIVE** Instead of thinking about what you are giving up, picture yourself as you will be when you achieve your goals. For instance, if you're trying to lose weight, think about how good you will feel in a new, smaller size spring wardrobe.

CELIA MILNE/FOR METRO CANADA

OLAY

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SKATE, SKI, SLED AND MOISTURIZE!

TIPS FOR PROTECTING YOUR SKIN WHILE ENJOYING THE GREAT OUTDOORS

February is one of the coldest months of the year but that doesn't mean we need to hibernate. It's a time to get outside and celebrate one of the best things about living in Canada – winter activities. Everyone is feeling the urge to lace up the skates, snap on those skis or go tobogganing with the kids.

It's important to remember that winter activities mean winter skin – cold, dry and flaky. Dry skin can appear anywhere on the body, but the most common areas tend to be lower legs, arms, hands, elbows, back, knees and abdomen. In such cases skin can feel tightened or itchy.

Another factor to consider is the sun. Sure we might ignore it when the barometer is less than zero but exposed, unprotected skin is still vulnerable to damage from the sun's ultraviolet rays. Facial sunburns are just as likely to occur on the ski slopes as they are during a blazing hot day at the beach.

One of the great things about outdoor winter activities is the fitness benefits they provide at a time when it's tempting to stay on the couch. Whether we're walking up a hill or shoveling snow from the driveway, we tend to work up quite a sweat under all those layers of warm clothing. This perspiration can result in loss of body fluids and moisture which can lead to dry, chapped skin.

TAKE ACTION AGAINST DRY WINTER SKIN

Don't let the prospect of winter skin force you to retreat indoors. Give your skin the treatment it deserves with **Olay Quench Advanced Relief Body Lotion.** Specifically formulated to help strengthen skin's moisture barrier over time, Olay Quench Advanced Relief Body Lotion helps prevent dry skin from coming back helping to break the dry skin cycle. As well, Quench Advanced Relief provides moisture that lasts up to 24 hours, is dermatologist tested and clinically proven to moisturize and retain moisture for as long as five days after use. Formulated with ingredients that help combat dryness, including, VitaNiacin and Vitamin E, Olay Quench Advanced Relief is non-greasy and fragrance-free.

> Winter activities mean winter skin – cold, dry and flaky

Skin care tips for winter activity enthusiasts

Are you engaged in activities that keep you outside and exposed to the elements? Don't let dry, flaky skin become a hindrance. Here are some tips to help 'winter-proof' your skin.

1. USE A MOISTURIZER ON AREAS SUSCEPTIBLE TO DRY SKIN

The most common areas for dry skin include the legs, arms, hands, elbows, back, knees and abdomen . Cold, freezing air can dry out skin, even if you spend much of your time in the ski chalet drinking coco. Use an intense body lotion such as Olay Quench Advanced Relief to replenish any lost moisture.

2. LOWER INDOOR HEAT

While there's nothing like a hot shower or furnace to warm you up after a skating session, it's important to note that indoor heat has drying effects, so make sure you don't overdo it and consider using a humidifier at night which adds moisture to the air. Avoid harsh soaps when you shower and use a body lotion such as Quench Advanced Relief Body Lotion after you shower to lock in moisture.

3. KEEP HYDRATED

If you sweat on the slopes or elsewhere during winter, drink lots of water to avoid dehydration and dry skin.

4. PROTECT EXPOSED SKIN

Just because the temperature's cold, it doesn't mean that you won't get burned. Use a sunscreen with an SPF of 30 or higher, especially when in the snow. Sunscreen can help prevent wrinkles and other types of damage.

5. COVER YOUR LIPS

Lips are the first to dry out. A lip treatment with SPF protection will help keep your lips from drying and/or chapping.

OLAY®

Canadian wins culinary award

Justine de Valicourt of Montreal won the top spot in the eighth annual S.Pellegrino Almost Famous Chef Canada regional competition. Valicourt won for her signature dish of Venison in Wooden Flavours. THE CANADIAN PRESS

Food

Waves of chocolate

Shape matters in the competitive chocolate bar business. The makers of Nestlé Noir bars asked themselves: Why is chocolate made in almost flat squares? After three years and three dozen experimental shapes, they have introduced the wave. This new shape, its surface partly rippled, is meant to add visual appeal and improve that melt- in-your-mouth quality. TORSTAR NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Osmond perks up recipes

PHOTO COURTESY OF CBC

Kary Osmond, host of the new show Best Recipes Ever, was recruited by the CBC based on a website she designed for beginner cooks. Her show airs daily and features a different theme each episode.

CBC host teaches back-to-basics cooking

CELIA MILNE
for Metro Canada

Kary Osmond will have you chopping, stirring and grilling in no time.

This bubbly brunette with big blue eyes blends cooking know-how with passion and flare. She's the host of CBC's new show Best Recipes Ever, on every day at 3 p.m.

Osmond, 30, grew up in a home where cooking was like breathing. Her parents owned a Ukrainian deli and catering business in Mississauga, Ont., so almost everything they did revolved around food. It was natural for her to help out, chopping vegetables and rolling Swedish meatballs even as a child. To this day, she thinks about cuisine all the time. "I sleep with cookbooks," she laughs.

In fact, Osmond thought all kids cooked, until she went away to school, where she realized none of her roommates had the faintest clue how to cook rice. So she taught them.

Osmond attended George Brown College Chef School and has worked as a chef. She always wanted to do a cooking show, but realized it might never happen. "I thought: How will I get started? I have no credibility. No one knows me." She took a job in marketing.

On the side, she planned a website for beginner cooks. She posted a temporary page showing her picture and bio. A recruiter for the CBC saw it and asked her to come in for an audition. Believe it or not, the audition was Osmond's first time in front of a camera. That freshness and spunk is what got her the job. "It's a dream come true," she says.

She was somewhat humbled after rehearsals, when CBC producers sent her home with a tape of herself, which she excitedly showed her husband. "I looked like a cooking show host on speed," she laughs. "I wasn't breathing or pausing. I was nervous."

Osmond taught herself to simmer down. She's now a veteran, with dozens of shows under her belt. Each show has a theme, such as Soup for Dinner or Best Three Appetizers. She chooses dishes from Canadian Living's 30-year-old recipe library Tested Till Perfect.

"I'm having the time of my life," says Osmond. "I'm so excited to teach Canada to cook. The recipes will turn out every time. I promise."

PHOTO COURTESY OF CBC

Roasted Salmon with Prosciutto.

THE FOLLOWING RECIPES ARE COURTESY OF BEST RECIPES EVER:

Roasted Salmon with Prosciutto

SERVES 4

INGREDIENTS:

- 1/4 cup (50 mL) dijon mustard
- 2 Tbsp (25 mL) chopped fresh chives or green onions
- 1/4 tsp (1 mL) pepper
- 4 skinless salmon fillets (each 6 oz/175 g)
- 4 thin slices prosciutto (about 2 oz/60 g)

METHOD:

1. In small bowl, mix together mustard, chives and pepper; spread over both sides of salmon. Place fish, skinned side down, on prosciutto; wrap around fish.

2. Arrange fish, prosciutto seam side up, on parchment-lined or greased rimmed baking sheet; roast in 400F (200C) oven until fish flakes easily when tested, about 10 minutes. (Or place on greased grill over medium heat; close lid and grill, turning once, until fish flakes easily when tested, about 10 minutes.)

Phyllo Cluster Apple Tarts

SERVES 4

An average slice of apple pie has 450 calories and 22 grams of fat. These spiced apples nestled in crisp phyllo pastry have only 265 calories and 11 grams of fat, of which only 1 gram is saturated.

INGREDIENTS:

- 4 apples
- 3 Tbsp (50 mL) liquid honey
- 1/2 tsp (2 mL) cinnamon
- 1/2 tsp (2 mL) grated lemon rind
- 3 sheets phyllo pastry
- 2 Tbsp (25 mL) canola oil 25 mL
- 3 Tbsp (50 mL) sliced almonds, toasted

METHOD:

1. Peel and slice apples. In large nonstick skillet, bring apples, 1/2 cup (125 mL) water, honey, cinnamon and lemon rind to simmer over medium heat; cover and cook, stirring occasionally, until tender, about 15 minutes. Let cool.

2. Lay 1 sheet of phyllo on work surface, keeping remainder covered with damp tea towel; brush lightly with oil. Repeat twice, using all but about 1 tsp (5 mL) of the oil. Using sharp knife, cut into quarters. Gently push each into large muffin cup, separating layers to ruffle edges.

3. Divide apple mixture among cups; sprinkle with almonds. Brush remaining oil over ruffled edges of phyllo. Bake in centre of 350F (180C) oven until pastry is light golden, about 15 minutes. Serve warm.

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Spanish flare

No country understands the old adage of "sometimes you just can't catch a break" better than Spain. Even though it has been turning juice into wine since somewhere around 3000 BC it's still not considered a major player here in North America.

The problem is that what makes Spain unique in the wine world is actually holding it back. Its native grapes are generally hard to pronounce and don't always appear on its wine labels, which means they're not on the tip of the average consumer's tongue. And unless you've been there you probably know very little about Spain other than bull fights, tapas and Antonio Banderas.

Since fruit is the foundation of liquid leaning, meet tempranillo in the form of **Marqués de Cáceres' 2004 Crianza** ($16.95 - $21.79). As red grapes go, tempranillo is Spain's superstar and this Rioja-made crianza's mature black fruit (with subtle hints of wood and spice) is a perfect introduction.

Garnacha is the country's second most red popular grape with the jammy, mulberry rich **El Burro 2008 Kickass Garnacha** ($12.90 - $14.99) taking the New World road with an easy to read label and cutesy name that doesn't undermine the classic varietal flavours you'll find in the glass.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years. Follow him on twitter @TheRealWineGuy and email liquidassets@eastlink.ca.

James offers cash for canine
Jesse James really wants to find his missing dog — and he's willing to dig deep into his pockets. James just tweeted on Sunday that he was raising the reward for Cinnabun to an even $5,000 US. The dog went missing a week ago in Long Beach, Calif. TMZ.COM

Entertainment

One for Haiti
Simon Cowell's Helping Haiti charity single was completed on Saturday night. The song, a cover of REM's Everybody Hurts, features 21 artists, including Rod Stewart, Mariah Carey, Jon Bon Jovi and Susan Boyle. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Roberts finds Edge

Canadian actor lands major Hollywood roles

Canadian actor Shawn Roberts co-stars with Mel Gibson in action thriller Edge of Darkness.

IAN GORMELY
for Metro Canada

In their never-ending attempt to entice moviegoers to their features, film studios often simplify complicated or convoluted plots in film trailers. But in doing so, they sometimes fail to convey the full scope of a movie. So is the case with Edge of Darkness, Mel Gibson's first acting role since 2003.

Trailers have sold the film as a revenge thriller with Gibson, cast as a father pushed to the edge trying to find his daughter's killer. And while that is at the heart of the film, it's only one element of this multi-faceted film.

"Yes, there's much more of a story there," jokes Shawn Roberts who plays Gibson's daughter's boyfriend in the movie. "It's one of those old fashioned movies."

Edge of Darkness is playing in theatres

That story, which also includes double crosses and political and corporate intrigued was based on a 1985 BBC series of the same name and adapted, among others, by William Monahan who also penned The Departed.

Roberts, a Stratford, Ont., native who now spends most of his time in Vancouver, shared all of his scenes with Gibson, who he described more than anything as "just a guy."

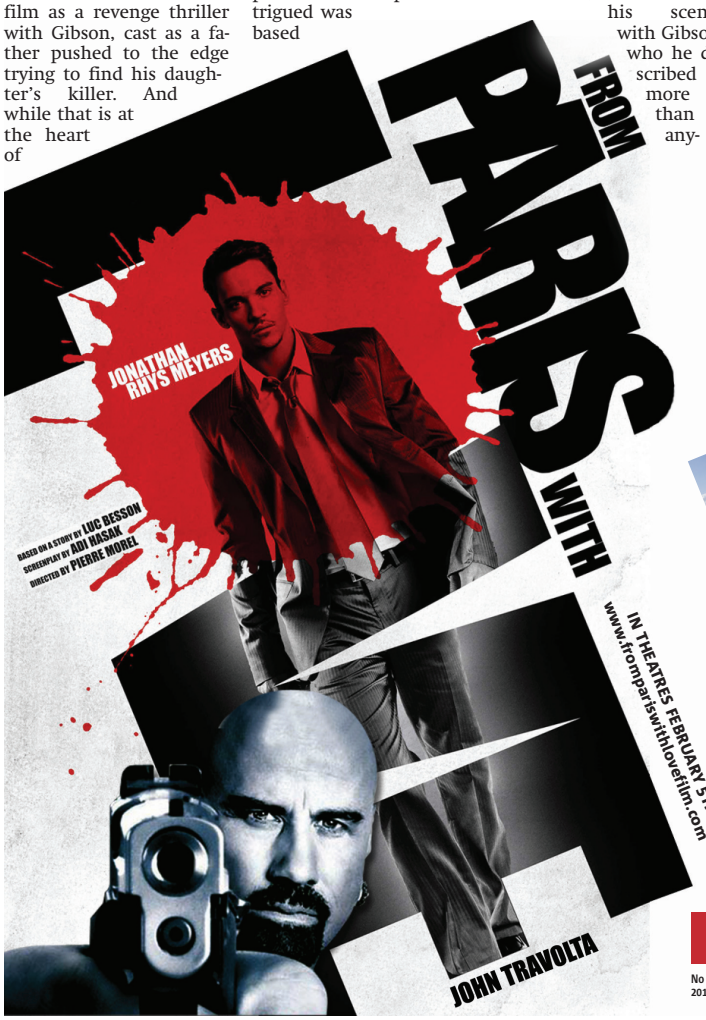
"He can go from being Mel Gibson, to being (his character) Thomas Craven in a flash. I'm sitting there on the side of the set getting ready for my seven pages of 'Oh my God, I'm just about to die' dialogue and he's fiddling around with stuff on set, and joking with crew members. And the second that rolling is called out, he's there and he's on."

To get the part Roberts made an audition tape and sent it to the film's director, Martin Campbell. But after some reflection Roberts decided to send another.

"I made one tape up in Vancouver and sent it down, but I wasn't terribly pleased with it," he says. He decided to make another in the hopes that the director would disregard the original. "You can keep it, you can send it," he thought, "but I'm making another one."

Despite the high profile Hollywood gig, which will be followed by a role in the latest instalment of the Resident Evil series, Roberts's still doesn't see himself as having "made it" in Hollywood.

"I think one of the strongest messages is don't come to Hollywood until they come calling," he says. "And I don't think I've made that transition yet."



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Madonna, Jesus split up: Report

Madonna has reportedly parted ways with her Brazilian model boyfriend, Jesus Luz, ending the relationship because they "ran out of things to talk about," according to Hollyscoop. METRO WORLD NEW

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Transformers, Land lead Razzies pack

AWARDS Transformers: Revenge of the Fallen made a fortune. Land of the Lost tanked.

Both films are equal earners at the Razzies, though, grabbing seven nominations each on Monday, including worst picture of 2009 and worst-acting slots for Will Ferrell and Megan Fox.

Other worst-picture nominees: Sandra Bullock's romance All About Steve, the action tale G.I. Joe: The Rise of Cobra and the Robin Williams-John Travolta comedy Old Dogs.

Bullock earned a worst-actress nomination for All About Steve. She's expected to score an Academy Award nomination today for her hit drama The Blind Side.

"She could be the first person ever to win a Razzie and an Oscar in the same weekend," said John Wilson, founder of the Golden Raspberry Awards, now in their 30th year of singling out Hollywood's low points. Winners will be announced March 6, the night before the Oscars.

Razzie voters also are making worst-of-the-decade picks. The worst-picture nominees are Travolta's Battlefield Earth, Tom Green's Freddy Got Fingered, Ben Affleck and Jennifer Lopez's Gigli, Lindsay Lohan's I Know Who Killed Me and Madonna's Swept Away.

"(Sandra Bullock) could be the first person ever to win a Razzie and an Oscar in the same weekend."
John Wilson

Affleck and Travolta are up for worst actor of the decade, along with Eddie Murphy, Mike Myers and Rob Schneider. Lohan, Lopez and Madonna are nominated for the decade's worst actress, along with Mariah Carey and Paris Hilton.

Wilson said the worst-actress category probably would come down to Hilton and Lohan, while "Eddie Murphy I would guess would be pretty hard to beat as worst actor of the decade."

Razzie 2009 nominees also include Miley Cyrus as worst actress and her dad, Billy Ray, as worst supporting actor for Hannah Montana: The Movie.

Robert Pattinson was nominated as worst supporting actor for The Twilight Saga: New Moon. Co-star Kristen Stewart is in the running for worst screen couple paired with either Pattinson or New Moon player Taylor Lautner.

THE ASSOCIATED PRESS

Transformers: Revenge of the Fallen has been nominated for seven Razzies, which honours the worst films of the year.

Lost for the last time

Fans bid farewell to series stars at Hawaii premiere

What is that black smoke monster? Will Jack's plan to rewrite history work? Will Sun be reunited with Jin? Will the real Locke please stand up? What happens to the island? What does it all mean? How will it end?

Thousands of fans travelled from around the world to the home of Lost in a quest to get some answers to the questions that have piled up in the first five seasons. And they finally got what they were searching for — sort of.

ABC PHOTO

Lost star Josh Holloway waves to fans at Saturday's Honolulu screening of the season premiere of the ABC series.

A crowd of about 12,000 — some wearing bikinis — on Waikiki Beach were treated this weekend to a special screening of the season premiere, which airs tonight on ABC and CTV and kicks off the sixth and final season of the castaway drama.

Lost Season 6 premieres tonight on CTV

Stars and directors of Lost made an island-style, red-carpet appearance and bid "aloha" to the fans and each other.

Actor Josh Holloway soaked it all in amid a chorus of screaming, photo-snapping women packed 10 deep behind metal gates.

"It's like being in high school. It's like being a senior — getting near the last days of school," said Holloway, who stars as hunky, bad-boy Sawyer.

In 16 episodes, the emotional journey will be ending for the characters and actors, most of whom were unknown before Lost.

"I was a struggling actor in the U.K. I came to Hawaii and now I'm on a hit show, so it's changed my life totally," said Henry Ian Cusick, who plays Desmond.

Nestor Carbonell, who plays Richard, the ageless Other, called it an "incredible ride," that he's not so certain he wants to end.

Evangeline Lilly, who stars as sexy jailbird Kate, said it'll be an "end of an era" for her personally. She was 24 when she joined the show and will be 31 when the show wraps this summer.

"This show has carried me through some significant years and I'm going to miss it," she said.

"I'm also excited. I'm excited for the freedom and opportunity it'll bring. But it'll be bittersweet."

THE ASSOCIATED PRESS

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did you still laugh at their new haircut?
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SECOND CUP

Heaton returns to family role in The Middle

Patricia Heaton is a wife and mom again.

Of course, much is changed on The Middle, her freshman ABC domestic comedy, after Everybody Loves Raymond, where for nine hit seasons she played a frazzled hausfrau opposite Ray Romano.

"It's not normally a great choice, to repeat yourself," says Heaton, acknowledging her knee-jerk reluctance to go home again, sitcom-wise. But The Middle, which airs Wednesday at 8:30 p.m. ET, offered her a different place to settle.

"It's from the mom's point of view, and it's not with a bumbling dad who can never do anything right," she says. "It's about trying to keep the marriage lively and raise the kids right, but not having enough time and energy to do any of those things."

Heaton

The Middle — presided over by its middle-class, nearing-midlife couple, the Hecks — is rooted firmly in the Midwest. There, home is more loving and hopeful than on Raymond, if no less challenging, frantic and funny.

And frumpy. At 51, Heaton is a looker, but as pushed-to-the-limit housewife Frankie, she looks authentically dressed down.

"The plainer I am, the better," says Heaton. "I have these bangs that I clip on. The bangs are the last thing to go on. Then, I can really do the character."

THE ASSOCIATED PRESS

Chuck taps Willard, Swoosie
Chuck has tapped Fred Willard and Swoosie Kurtz to guest star as a Hart to Hart-esque spy couple now over-the-hill but still in the game. EW.COM

DVD picks

Zombieland
Director: Ruben Fleische

THIS IS A ROAD movie and a buddy comedy, and it's funny as hell, but it's first and foremost a horror thriller about killing zombies. This means a lot of gnawed limbs, exploded skulls and things that go "ick" in the night — and day.

It's a point worth underlining, maybe even in blood, because the film Zombieland most resembles is Shaun of the Dead, which wasn't anywhere near as gory.

If you can't "nut up or shut up," as Woody Harrelson's redneck zombie zapper Tallahassee commands, then you're not even as brave as Woody's travelling companion Columbus, played by Jesse Eisenberg with his usual neurotic intensity.

Columbus can't make it with the ladies, even undead ones, but he's learned how to handle a shotgun (he's a crack shot, too). In his secondary role of narrator, he lists the survival rules he's developed to evade and eliminate zombies (No. 1: have good cardio for running).

Neither of these well cast dudes is a match for sisters Wichita (Emma Stone) and Little Rock (Abigail Breslin), fellow drifters on the body-strewn road.

Together they pinball across the country, heading towards the California amusement park they've heard might be zombie-free.

First-time director Ruben Fleischer, who hails from video games, and his TV screenwriters Rhett Reese and Paul Wernick have stitched together a real Frankenstein of a plot, but don't take that as a bad thing — and watch for the best cameo of 2009. Nut up or shut up!

On the web
• Read our review of Black Dynamite at metronews.ca/movies

Amelia
Director: Mira Nair

EVERY UTTERANCE BY Hilary Swank in her interpretation of flying legend Amelia Earhart seems like either a motivational bromide ("What do dreams know of boundaries?") or a statement of female empowerment ("I want to be free").

Mira Nair's film strives too hard to be profound and not enough to be merely human. Swank bears a resemblance to Earhart, but her problematic accent sounds more like Annie Oakley and her various declarations are almost entirely banal.

What's lacking is any real sense of the woman behind the cardboard sentiments, the one who grew from a Kansas farm girl fascinated by flight into a record-breaking aviatrix whose mysterious 1937 disappearance over the South Pacific still fascinates the public mind.

Peter Howell/for Metro Canada

Warhol photos go to U.S. colleges, universities

ART Andy Warhol kept boxes upon boxes of soup cans, receipts, fan mail and many other items, including thousands of photos he later used as inspiration for his giant paintings.

Now more than 180 colleges and university museums, and galleries around the nation are benefiting. The New York City-based Andy Warhol Foundation for the Visual Arts has donated to them more than 28,500 of Warhol's photos, worth $28 million US.

"This is a little-known body of Warhol's work," Jenny Moore, curator for the foundation's Andy Warhol Photographic Legacy Program, said.

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt
Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
22/10 primetime	265	353	2	TVO	Blue Realm (DVS)		The Agenda With Steve Paikin		Criminal Justice (N)		Boy-Never Grow Old		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	NCIS "Masquerade" (N)		NCIS: Los Angeles (N)		The Good Wife "Bad"		News Hour
	-	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Trauma (N) (SC)		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
	209	342	6	CHRO	Degrassi	TMZ (N)	*Ali* ★★★ (2001, Biography) Will Smith, Jamie Foxx, Jon Voight.						Comedy Now
	196	311	7	CTV	etalk	Access H.	American Idol (HDTV) (N)		Lost The aftermath from the bomb detonation. (N)				CTV News
	208	303	8	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National		The Hour
	-	360	9	NBC	Wheel Fortune	Jeopardy! (N)	The Biggest Loser The blue and yellow teams return. (N)				The Jay Leno Show (N)		News
	117	713	10	TVA	La Fièvre de la danse (SC)		Rock et Rol	Caméra Café	La Promesse (HDTV) (N) (SC)		TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	Rire et délire (N)		Dirty Sexy Money (SC)		Pratique privée (SC)		Guerre clans	L'Attaque à 5 (N)	
	137	763	12	TFO	Panorama		Artisans du changement		*Les Choses de la vie* ★★★ (1970, Drame)			Villages	Facteur
	-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS "Masquerade" (N)		NCIS: Los Angeles (N)		The Good Wife "Bad"		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King/Queens	Cold Case
	214	344	15	CITY	Law & Order: Special Victims		The Biggest Loser The blue and yellow teams return. (N)				The Jay Leno Show (N)		News
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	218	345	18	CHCH	*Caddyshack* ★★ (1980, Comedy) Chevy Chase, Bill Murray.				*Fatal Beauty* ★ (1987, Crime Drama) Whoopi Goldberg.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Lost "Final Chapter" (N)		Lost The aftermath from the bomb detonation. (N)				News
	512	396	24	CPAC	(4) Dossier public (SC)		Heure polit.	L'Heure politique				Tête-à-tête	Dossier public
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol (HDTV) (N)		Kitchen Nightmares (N)		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Help Wanted	NOVA (N) (DVS)		Frontline "Digital Nation" (N) (DVS)			Park It!	Charlie Rose
	205	312	104	CTV	etalk	Access H.	American Idol (HDTV) (N)		Lost The aftermath from the bomb detonation. (N)				CTV News
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		CBC News: the fifth estate		National
	500	500	33	CNN	Situation Room-Wolf Blitzer		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	PartyPoker.net		UFC: Access	MMA Conn	The Ultimate Fighter		Sportsnet Connected		Prime Time
	126	730	28	RDI	24 Heures en 60 minutes (SC)		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey!	Curling Scotties Tournament of Hearts. From Kindersley, Sask. (Live)						SportsCentre (Live)	
	410	403	52	SCR	NBA Basketball Toronto Raptors at Indiana Pacers. (Live)					Court Surfing NBA news, scores and highlights.			Score Now
family	411	457	56	OLN	Ghost Hunters		Destination Truth		Operate-Repo	Operate-Repo	Ghost Hunters International		Destin. Truth
	417	406	59	SC	Pass Time	NASCAR Hub	Monster Jam (HDTV)		Super Bikes!	Super Bikes!	Dangerous Drives (HDTV)		Pass Time
	554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	iCarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
cable variety	570	580	29	MM	The Daily Fix		Ranked!		I Want to Work for Diddy		Entourage	Wild 'n Out	mmtop10.ca
	615	520	31	A&E	Criminal Minds (HDTV)		Criminal Minds (HDTV)		Psychic Kids: Paranormal		Paranormal	Paranormal	Paranormal
	628	584	32	SPKE	UFC Unleashed		UFC Unleashed		Entourage	Entourage	(10:06) Pros vs. Joes		Entourage
	521	560	34	TLC	Little Couple	Little Couple	19 Kids and Counting		19 Kids-Count	18 Kids-Count	Little Couple	Little Couple	19 Kids-Count
	145	761	35	TV5	Zoom animal		Découvrir le monde		Partir autrement		ADN	Nouva	TV5 Le Journal
	616	521	39	SHO	Relic Hunter		*Love Notes* (2007, Drama) Laura Leighton, Antonio Cupo.				Drop Dead Diva		NCIS
	620	523	40	BVO	Sounds Like Motown		Live at the Rehearsal Hall		The Musical Brain		Synchronicity		Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	License to Drill "Cabin Fever"		Daily Planet
	575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According/Jim	According/Jim	Home Improve.	Home Improve.	This Is It
	601	562	45	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	Wedding SOS	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		*In the Mix* ★ (2005, Comedy-Drama)		
	600	564	49	H&G	House Hunters	Property Virgin	Million Dollar Listing (N)		Bang, Buck	Genevieve	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Lost "The Incident"		Human Target (N)		Fringe (HDTV PA) (N)		InnerSpace
	581	566	53	MTV	Peak Season	After	Cribs	Teen Mom			Teen Mom (N)		
	618	524	54	TROP	Parking Wars	Parking Wars	Rescue Ink "No Bull"		Dog Whisperer		End of Leash	Bootcamp	Tube Tales
	522	506	55	HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars (N)	Pawn Stars (N)	Ancients Behaving Badly		Crime Stories
	129	773	60	CD	Biographies (HDTV)		Ondes de choc		Images-chocs		Gangland (HDTV) (SC)		Destr Expr
	261	394	61	V	Murder, She Wrote		Hallelujah!	When I Laugh	Quantum Leap		Unscripted (N)	Benmergui-Isr	Poltergeist
	602	567	62	W	Supernanny		The Shopping Bags		Beauty Call	Style by Jury	How to Look Good Naked		Beauty Call
	269	350	70	APTN	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Blackfly	Moose TV	MYTV	Rez Tunez	
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	603	561	95	FN	Ricardo	Exotic	Dinner: Impossible		The F Word (N)		Good Eats	Good Eats	Restaurant

critics'corner

Lost
The Emmy-, Golden Globe- and Peabody Award-winning series returns for its final season with "LA X (Parts 1 and 2)," a two-hour episode wherein the aftermath from the detonation of the hydrogen bomb is revealed. Was Juliet able to reset time, allowing Oceanic Air 815 to land safely, or did the bomb destroy the island and all its inhabitants? 9 PM on 7 CTV 20 ABC 104 CTV

American Idol
The artist formerly known as Posh Spice returns as a guest judge for the final round of auditions in Denver. More than 9,000 hopefuls were on the scene in the Mile High City. After tonight, the competition starts for all those wannabe Carries and Cooks. 8 PM on 7 CTV 36 FOX 104 CTV

The Musical Brain
For better or worse, we're always getting songs stuck in our heads. This special explores how the brain interprets music and uses it to shape our view of the world. It includes insights from Sting, Wyclef Jean, Michael Buble and Feist. 9 PM on 40 BVO

Bar loves cheap undies

Bar Refaeli loves wearing cheap underwear. The stunning model — who is the on/off girlfriend of Leonardo DiCaprio — admits she boycotts expensive panties for cheaper ones because she thinks luxury underwear is a waste of money, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

Bell, Shepard engaged

WOW ... IT'S LIKE IT WAS VERY DELIBERATELY TIMED OR SOMETHING Kristen Bell and Dax Shepard had something even shinier than a Grammy to show off on the red carpet of the Staples Center Sunday night: Her engagement ring, people.com reports..

The couple, who've been together for years and currently costar in the romantic comedy feature When in Rome, are getting married. Bell's rep, Marcel Pariseau, confirms to People: "Yes they are engaged. Over the holidays."

Shepard, 35, has been on the TV shows Punk'd, My Name Is Earl and the upcoming Parenthood. Bell, 29, is best known for her role on Heroes. Both hail from Michigan.

METRO NEWS SERVICES

Wood tries to kick habit

ON THE WAGON, WITH A LITTLE HELP Ronnie Wood is taking anti-craving tablets to help him stop drinking, femalefirst.co.uk reports. The Rolling Stones rocker is reportedly taking one Campral tablet everyday to help him cope with the withdrawal symptoms as he attempts to reduce his alcohol intake.

Campral is the brand name for Acamprosate, which helps treat people with alcohol dependency by stopping neurotransmitters in the brain getting overexcited by alcohol withdrawal.

Apparently, the 62-year-old guitarist agreed to take the medication in a last-ditch effort to avoid being admitted to rehab. A source said: "Rehab is a last resort — he wants to do cold turkey himself."

Wood — who has battled alcoholism for years — fell off the wagon in 2008, leaving his wife of 23 years Jo for now ex-girlfriend Katia Ivanova, female-first.co.uk adds.

METRO NEWS SERVICES

Pink plans on getting fat

LETTING LOOSE Pink looked hotter than ever in her nude sparkly bodysuit as she performed Glitter in the Air at the Grammys Sunday in L.A., so usmagazine.com asked her about her post-award show plan?

"I'm going to go home and cook and get fat," she joked. METRO NEWS SERVICES

Ricky Gervais keeps it real

AMEN TO THIS Ricky Gervais is stirring up controversy after suggesting that certain people should be forbidden from reproducing.

"What there is, is too many useless people. Too many people who shouldn't have children," Gervais tells the Sunday Times. "If there's a woman in leggings, eating chips with a (cigarette) in her mouth, sterilize her." Gervais says he and his longtime girlfriend, Jane Fallon, have decided not to have children, explaining that it's "too much hassle."

METRO WORLD NEWS

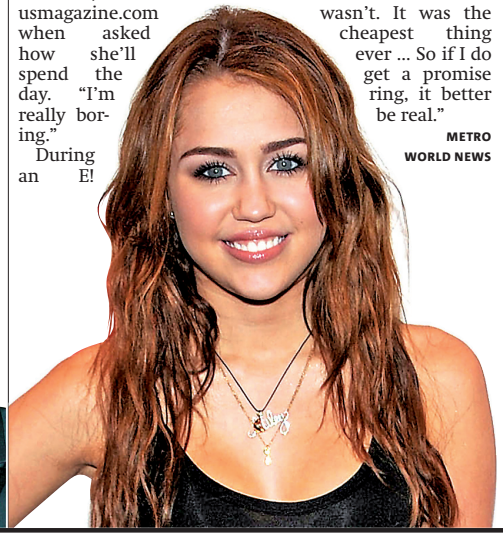
No V-Day plans for Miley

SOMEONE PHONE UP R. KELLY Miley Cyrus — who has been spotted smooching Aussie actor (and Last Song costar) Liam Hemsworth — doesn't have any plans for Valentine's Day this year, usmagazine.com reports.

"Work," she told usmagazine.com when asked how she'll spend the day. "I'm really boring."

During an E! pre-Grammy show, she denied rumours that she's engaged — or that she's been wearing a promise ring. "I bought it myself," Cyrus, 17, said of the bling. "And I got it made in London, and everyone thought it was diamond when it wasn't. It was the cheapest thing ever ... So if I do get a promise ring, it better be real."

METRO WORLD NEWS



Follow these celebrities on Twitter...

CelebTweets

JONATHAN ROSS is making unpleasant discoveries, **NICOLE RICHIE** is taking part in history again, **DANE COOK** knows how to get over someone, and **KATY PERRY** keeps getting into trouble on Twitter.

@wossy I just coughed and a little piece of something I ate in 1985 has emerged. Back to bed for me...

@nicolerichie I was 4 years old in a studio watching my dad record We Are The World, & today I get to do it again. Excited to help make a change.

@danecook Best feeling when u see ur ex making out w/ some1 else at a movie & u dont care. Better feeling when the person ur w/ is way hotter.

@katyperry sorry mom, again. METRO WORLD NEWS

Brit goes cross country

PLANE JANE It was a mad dash across country for Britney Spears as she tried to get to the Grammys on time. The pop star was spotted boarding a flight from Miami to L.A. Sunday morning, according to Popeater. "She was with an entourage of eight who were so nervous about not having enough time to get her red carpet ready" a stylist tells the website.

METRO WORLD NEWS

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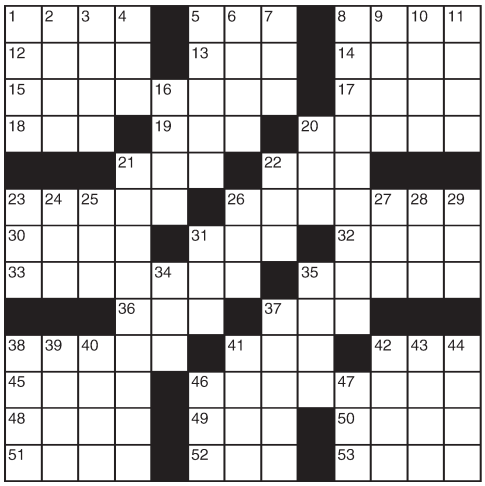
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3				5			
5			9	1		4	2	
6		1					9	
	7	8		9				
				5		4		
				3		1	7	
	9					3		2
	1	2		6	3			4
				8			6	

ACROSS

1 Cleanser
5 Aviate
8 "Consarn it!"
12 Diamond Head locale
13 "7 Faces of Dr. —"
14 Sand-wich cookie
15 Leave the witness stand
17 Corrosion
18 Resistance unit
19 Coffee shop vessel
20 Trap
21 Dos Passos trilogy
22 Addressee
23 Representative
26 Showing 33-Across
30 Parliamentarian
31 Upper limit
32 Defeat decisively
33 Ennui
35 Wherewithal
36 Ply oars
37 That girl
38 At the stern
41 Slithery squeezer
42 Billboards
45 Texas city
46 Track
48 Fancy rental car
49 Buck's mate
50 Staff
51 Undo a dele
52 Whatever number
53 Surrounded by

DOWN

1 Mediocre
2 Inauguration recitation
3 Throat-clearing sound
4 Litter member
5 Plant life
6 Gnome home?
7 Thither
8 Australia
9 Geometry find
10 Approach
11 Clinton's veep
16 White-glove find
20 Spread seeds
21 In the way
22 Shrill bark
23 Priestly vestment
24 Sticky stuff
25 Blunder
26 Sweet potato
27 Glass of NPR
28 Sister
29 "Pygmalion" playwright's monogram
31 Intimidate
34 Speck
35 Vegan's no-no
37 Nonsense
38 Piercing tools
39 Fisherman's supply
40 Pinnacle
41 Blessing
42 Teensy bit
43 Sandwich shop
44 Raced
46 Rx watchdog org.
47 Resort

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

9	5	3	4	1	6	2	8	7
6	2	7	3	8	5	9	4	1
1	8	4	7	2	9	5	3	6
5	4	1	2	9	7	8	6	3
3	9	6	1	4	8	7	2	5
8	7	2	5	6	3	1	9	4
2	6	5	9	3	1	4	7	8
4	1	8	6	7	2	3	5	9
7	3	9	8	5	4	6	1	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Salmon and Artichoke Open Omelette

INGREDIENTS:

8 eggs
1/4 lb (125 g) smoked salmon slices
1 tbsp (15 ml) chopped fresh dill
3 tbsp (45 ml) sour cream
1 1/2 tbsp (20 ml) butter
14 oz (398 ml) can baby artichokes, rinsed and quartered

METHOD:

1. Break eggs into large bowl and add 3 tbsp (45 ml) water and seasoning. Beat until combined but not foamy.
2. Cut salmon slices into 4 x 1 1/4 in. (10 x 3 cm) ribbons. Stir dill into sour cream. Preheat Broiler.
3. Heat butter in nonstick frying pan that can go under grill. When butter looks foamy, pour in egg. Cook over high heat until egg starts to set underneath. Using back of fork, stir so that liquid egg runs under set mixture. Leave to cook until omelette starts to brown underneath.
4. When omelette looks almost set, quickly top with smoked salmon strips and scatter artichoke over. Remove pan from heat and slide under grill; cook until lightly browned on top.
5. Remove from heat. Spoon dollops of sour cream on to omelette, which will melt to make light sauce. Cut into wedges and serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Don't worry if you've been finding it difficult to get along with a certain individual. Venus, planet of harmony, will help you overcome your differences.

TAURUS ♉
APRIL 21-MAY 21
If there is something you want done, something that is important to you, there is no alternative but to do it yourself.

GEMINI ♊
MAY 22-JUNE 21
If you let others set the rules of the game today they will inevitably fix them so that they win and you lose.

CANCER ♋
JUNE 22-JULY 22
Think long and hard before ending an association that won't be easy to resurrect. You may be angry with someone for letting you down.

LEO ♌
JULY 23-AUG 23
Loved ones will be extra demanding today and if you get through to bedtime without losing your cool you will have done very well indeed.

VIRGO ♍
AUG 24-SEPT 22
Take it easy today, and for the next few days, because there are some busy times ahead. Changes on the work front could affect you.

LIBRA ♎
SEPT 23-OCT 23
Someone you live with or work alongside is being less than honest about what they intend to do and what they do could affect your livelihood.

SCORPIO ♏
OCT 24-NOV 22
Why are you worrying about things over which you have no control? Whatever the reason your task now is to embrace the unknown.

SAGITTARIUS ♐
NOV 23-DEC 21
Take a break from your work and think about the direction in which your life is moving. Sometimes Sagittarians can stray off course a little.

CAPRICORN ♑
DEC 22-JAN 20
You are attaching far too much importance to other people's opinions and not enough importance to your own beliefs.

AQUARIUS ♒
JAN 21-FEB 18
If you think that someone is wasting your time then let them know you don't take kindly to those who tell you one thing but mean another.

PISCES ♓
FEB 19-MARCH 20
Put minor issues out of your mind and focus only on the things that really matter. Some people may be upset that you have no time for them, though.

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Free • Shop green with your iPhone. Now you can easily check the health, environmental and social impact of over 70,000 products, from food to toys, on the go and before you buy.

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Rocket Taxi
$1.99 • Ever notice cabs are scarce when you need one? Using your iPhone's built-in GPS feature, Rocket Taxi will find a taxi closest to you. Then all you have to do is tap to call for your ride.

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Free • When travel takes you to a new place, AroundMe can quickly find nearby businesses from the nearest bank to the closest gas station then route them for you using your iPhone's GPS.

Convertbot
$0.99 • Convert currency, length, mass, time and more. Convertbot's simple, intuitive interface makes conversion easy, even handling mixed units, like feet and inches.

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TELUS | iPhone 3GS

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